



Almond Spice Cookies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



48

CALORIES



13 kcal

Ingredients

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 cup slivered almonds

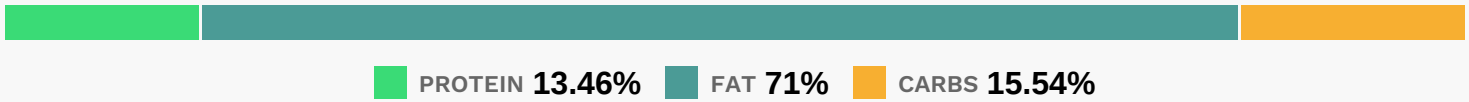
Equipment

- ☐ wax paper

Directions

- ☐ Follow recipe for basic butter cookies and, when mixing in flour mixture, add cinnamon, nutmeg, cloves, and ginger, then stir in almonds.
- ☐ Form dough into a 12- by 2-inch rectangular log (1 1/2 inches thick) and wrap in wax paper before chilling.

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.7691304196968%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 13.3kcal (0.67%), Fat: 1.13g (1.74%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.23g (0.09%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 0.06mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin E: 0.58mg (3.86%), Manganese: 0.07mg (3.62%), Magnesium: 6.18mg (1.55%), Vitamin B2: 0.03mg (1.51%), Fiber: 0.32g (1.29%), Copper: 0.02mg (1.18%), Phosphorus: 10.91mg (1.09%)