



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

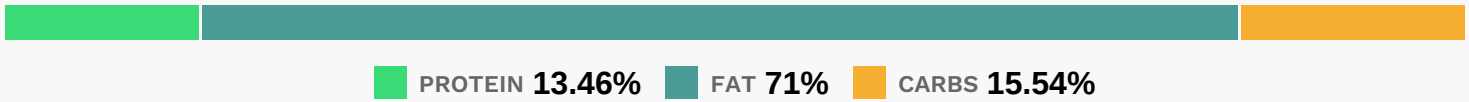


wax paper

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%)