



## Almond Sticks or Rings

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



50

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 cups almonds finely
- 2.5 cups confectioners' sugar
- 2 egg yolks
- 2 eggs
- 1 small lemon zest juiced

### Equipment

- bowl
- baking sheet

- baking paper
- oven
- sieve
- hand mixer

## Directions

- Preheat an oven to 325 degrees F (165 degrees C), and line baking sheets with parchment paper.
- Place the confectioners' sugar, egg yolks, and eggs in the bowl of an electric mixer, and mix on Medium-Low until well combined. Stir in the the ground almonds, lemon zest, and enough lemon juice to make a thick, smooth batter.
- Place the batter into a cookie press with a 1/4 inch star-shaped tip, and press out a 6 inch lines of batter.
- Cut the batter into 2-inch sticks, or form into rings or letters, and place them on the prepared baking sheets.
- Bake in the preheated oven until the cookies are crisp and light brown, 6 to 8 minutes. Allow the cookies to cool.
- Place 1/2 cup confectioners' sugar in a fine mesh sieve, and lightly dust the cookies before serving.

## Nutrition Facts



## Properties

Glycemic Index:0.2, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.5469564993906%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 69.63kcal (3.48%), Fat: 3.93g (6.04%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.68g (2.43%), Sugar: 6.19g (6.88%), Cholesterol: 14.32mg (4.77%), Sodium: 3.04mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin E: 1.87mg (12.45%), Manganese: 0.16mg (8.23%), Vitamin B2: 0.09mg (5.56%), Magnesium: 19.57mg (4.89%), Phosphorus: 40.7mg (4.07%), Copper: 0.08mg (3.8%), Fiber: 0.91g (3.63%), Calcium: 21.37mg (2.14%), Selenium: 1.27µg (1.82%), Iron: 0.32mg (1.78%), Zinc: 0.26mg (1.75%), Potassium: 55.94mg (1.6%), Vitamin B3: 0.26mg (1.3%), Folate: 5.04µg (1.26%), Vitamin B1: 0.02mg (1.11%)