



## Almond Thins

 Vegetarian

READY IN



32 min.

SERVINGS



72

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 cups almonds sliced
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 cup butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

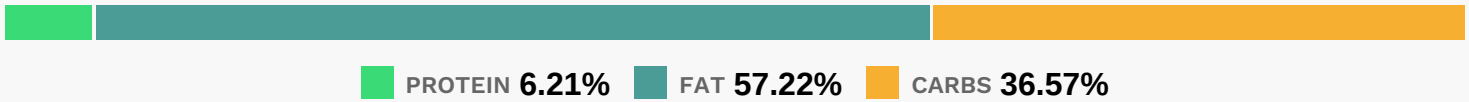
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ spatula

## Directions

- ☐ Preheat oven to 325 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the butter and sugar until light and fluffy.
- ☐ Add the egg and vanilla and beat until smooth. Sift together the flour and salt and slowly stir into butter mixture until just blended.
- ☐ Divide batter in half and place each half on in the center of two ungreased, flat-sided cookie sheets. Dip a spatula in warm water and spread batter to cover the entire baking sheet, making sure batter is spread evenly.
- ☐ Sprinkle almonds and press gently into dough.
- ☐ Bake each sheet about 12 minutes, or until edges are lightly browned.
- ☐ Cut hot cookies into 2-inch squares. Return to oven and bake until lightly golden... about 5 minutes. Watch carefully to prevent over baking.
- ☐ Remove from oven to a wire rack. Slide spatula under cookies to loosen. Cool completely on cookie sheets. Store in airtight containers with waxed paper between layers.

## Nutrition Facts



## Properties

Glycemic Index:2.15, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.4126086986583%

## 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: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg,

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**Nutrients (% of daily need)**

Calories: 60.19kcal (3.01%), Fat: 3.93g (6.05%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 5.25g (1.91%), Sugar: 2.9g (3.23%), Cholesterol: 9.05mg (3.02%), Sodium: 33.63mg (1.46%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.96g (1.92%), Vitamin E: 0.74mg (4.9%), Manganese: 0.08mg (3.99%), Vitamin B2: 0.05mg (2.86%), Vitamin B1: 0.03mg (1.97%), Selenium: 1.37µg (1.96%), Magnesium: 7.71mg (1.93%), Folate: 7.07µg (1.77%), Phosphorus: 17.54mg (1.75%), Vitamin A: 82.11IU (1.64%), Fiber: 0.4g (1.61%), Copper: 0.03mg (1.6%), Iron: 0.25mg (1.38%), Vitamin B3: 0.27mg (1.37%)