



Amaretto Almond Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



196 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract pure
- 0.3 cup amaretto
- 2 large eggs room temperature
- 1 cup almond flour toasted
- 0.5 teaspoon lemon zest grated
- 2 tablespoons blackstrap molasses
- 1 cup butter unsalted room temperature
- 2 cups pastry flour whole wheat

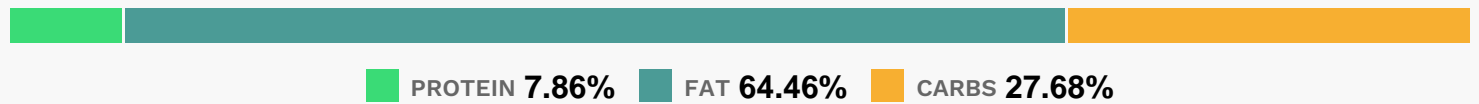
Equipment

- baking sheet
- oven

Directions

- Cream together butter and molasses.
- Add eggs, ground almonds, lemon rind and almond extract; mix well. Stir in Amaretto alternately with flour. Drop by teaspoonsful onto unoiled cookie sheets.
- Bake at 350 degrees for 12-15 minutes. Cookies will be golden brown when done. Makes 36 cookies

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:5.0260869565217%

Nutrients (% of daily need)

Calories: 195.74kcal (9.79%), Fat: 14.18g (21.82%), Saturated Fat: 6.93g (43.32%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 11.61g (4.22%), Sugar: 3.03g (3.37%), Cholesterol: 47.78mg (15.93%), Sodium: 10.64mg (0.46%), Alcohol: 0.89g (4.95%), Protein: 3.89g (7.78%), Manganese: 0.58mg (28.96%), Selenium: 10.48µg (14.97%), Fiber: 2.09g (8.37%), Vitamin A: 346.38IU (6.93%), Phosphorus: 62.53mg (6.25%), Magnesium: 24.68mg (6.17%), Iron: 0.92mg (5.12%), Vitamin B1: 0.07mg (4.72%), Vitamin B6: 0.08mg (3.96%), Copper: 0.07mg (3.65%), Vitamin B3: 0.7mg (3.48%), Vitamin B2: 0.05mg (3.07%), Vitamin E: 0.45mg (2.97%), Zinc: 0.44mg (2.92%), Calcium: 28.41mg (2.84%), Potassium: 92.77mg (2.65%), Folate: 8.86µg (2.22%), Vitamin D: 0.3µg (2%), Vitamin B5: 0.2mg (1.98%), Vitamin B12: 0.07µg (1.18%), Vitamin K: 1.15µg (1.1%)