



Amaretto Butter Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



116 kcal

DESSERT

Ingredients

- 1.3 cups almonds sliced
- 0.5 teaspoon double-acting baking powder
- 0.5 lb butter at room temperature
- 3 tablespoons almond-flavored liqueur such as amaretto, or 1 tablespoon almond extract
- 1 large eggs separated
- 2 cups flour all-purpose
- 2 teaspoons orange peel grated
- 0.3 teaspoon salt

1 cup sugar

Equipment

bowl

baking sheet

oven

blender

plastic wrap

spatula

rolling pin

Directions

In a large bowl, with a mixer on medium speed, beat 1 cup butter and sugar until smooth.

Add egg yolk, liqueur, and orange peel and beat until well blended.

In another bowl, mix 2 cups flour, baking powder, and salt.

Add to butter mixture; stir to mix, then beat until well blended. Gather dough into a ball, divide in half, and flatten each portion into a disk; wrap each tightly in plastic wrap and freeze until firm enough to roll without sticking, about 30 minutes.

Unwrap dough. On a lightly floured surface, with a floured rolling pin, roll one disk at a time to about 1/4 inch thick. With a floured, 2-inch round cutter, cut out cookies.

Place about 2 inches apart on buttered 12- by 15-inch baking sheets. Gather excess dough into a ball, reroll, and cut out remaining cookies.

In a small bowl, beat egg white with 1 teaspoon water to blend.

Brush cookies with mixture and sprinkle or arrange about 1/2 teaspoon sliced almonds on each.

Bake cookies in a 325 regular or convection oven until lightly browned, about 15 minutes; if baking two sheets at once in one oven, switch their positions halfway through cooking.

Let cookies cool on sheets for 5 minutes, then use a wide spatula to transfer to racks to cool completely.

Nutrition Facts



■ PROTEIN 5.64% ■ FAT 53.62% ■ CARBS 40.74%

Properties

Glycemic Index:6.86, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:2.4295652497398%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg 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, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 115.7kcal (5.79%), Fat: 6.88g (10.59%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 11.17g (4.06%), Sugar: 5.84g (6.49%), Cholesterol: 5.17mg (1.72%), Sodium: 83.75mg (3.64%), Alcohol: 0.37g (100%), Alcohol %: 1.91% (100%), Protein: 1.63g (3.26%), Vitamin E: 1.03mg (6.88%), Manganese: 0.12mg (6.18%), Vitamin B2: 0.08mg (4.8%), Vitamin A: 233.35IU (4.67%), Selenium: 2.95µg (4.21%), Vitamin B1: 0.06mg (4.17%), Folate: 14.86µg (3.72%), Phosphorus: 28.37mg (2.84%), Vitamin B3: 0.53mg (2.67%), Magnesium: 10.68mg (2.67%), Iron: 0.48mg (2.65%), Fiber: 0.6g (2.39%), Copper: 0.05mg (2.26%), Calcium: 15.93mg (1.59%), Zinc: 0.17mg (1.12%), Potassium: 37.37mg (1.07%)