



Apricot Amaretto Chews

 Vegetarian

READY IN



45 min.

SERVINGS



54

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds finely chopped
- ☐ 3 tablespoons amaretto
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 1 cup butter
- ☐ 2 cups confectioners' sugar sifted
- ☐ 1 cup apricots dried
- ☐ 1 eggs

- ☐ 1 cup flour all-purpose
- ☐ 2.5 cups cooking oats quick
- ☐ 0.5 cup sugar white

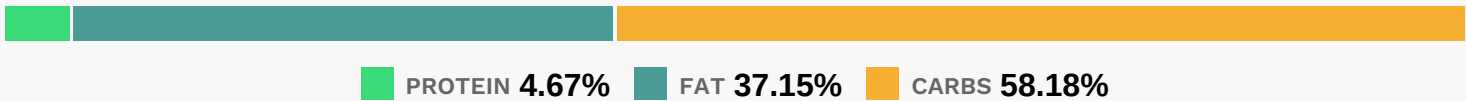
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ In a large bowl beat the butter or margarine until softened.
- ☐ Add the brown sugar and sugar and beat until fluffy.
- ☐ Add egg and 1 tablespoon of amaretto and mix well.
- ☐ Stir together flour and baking soda, and then add to the butter mixture and beat until well mixed. Stir in the oats, apricots, and almonds.
- ☐ Drop by rounded teaspoons onto an ungreased cookie sheet and bake for 8–10 minutes.
- ☐ Cool on cookie sheet for 1 minute, then remove and cool thoroughly on rack.
- ☐ Stir together powdered sugar and enough of the 2 to 3 tablespoons of amaretto to make an icing of drizzling consistency.
- ☐ Drizzle over the cookies.

Nutrition Facts



Properties

Glycemic Index:5.62, Glycemic Load:4.46, Inflammation Score:-2, Nutrition Score:2.2321738923859%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 105.72kcal (5.29%), Fat: 4.45g (6.84%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.92g (5.42%), Sugar: 10.84g (12.04%), Cholesterol: 12.07mg (4.02%), Sodium: 49.9mg (2.17%), Alcohol: 0.22g (100%), Alcohol %: 1.1% (100%), Protein: 1.26g (2.52%), Manganese: 0.22mg (10.78%), Vitamin A: 196.23IU (3.92%), Magnesium: 15.47mg (3.87%), Vitamin E: 0.58mg (3.85%), Selenium: 2.54µg (3.63%), Phosphorus: 30.56mg (3.06%), Fiber: 0.76g (3.03%), Vitamin B1: 0.04mg (2.81%), Iron: 0.44mg (2.42%), Vitamin B2: 0.04mg (2.31%), Copper: 0.04mg (2.1%), Potassium: 60.12mg (1.72%), Folate: 6.8µg (1.7%), Vitamin B3: 0.28mg (1.42%), Zinc: 0.2mg (1.35%), Calcium: 11.07mg (1.11%)