



Apricot and Nut Cookies with Amaretto Icing

 Vegetarian

READY IN



169 min.

SERVINGS



30

CALORIES



114 kcal

DESSERT

Ingredients

- 5 tablespoons almond liqueur flavored (recommended: Amaretto)
- 1.8 cups confectioners' sugar
- 0.5 cup apricots dried coarsely chopped
- 1 large eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 2 tablespoons pinenuts toasted
- 0.3 teaspoon sea salt fine

- 0.3 cup slivered almonds toasted
- 0.5 cup sugar
- 0.5 cup butter unsalted at room temperature (1 stick)
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- mixing bowl
- wire rack
- plastic wrap
- hand mixer

Directions

- For the Cookies: In a large bowl, beat the butter, sugar, vanilla, cinnamon, and salt with an electric mixer until light and fluffy, about 2 minutes. Beat in the egg. Stir in the flour until just blended.
- Mix in the apricots, almonds, and pine nuts.
- Transfer the dough to a sheet of plastic wrap and shape into a log, about 12-inches long and 1 1/2-inches in diameter. Wrap the dough in the plastic and refrigerate for 2 hours.
- Preheat the oven to 350 degrees F. Line 2 heavy baking sheets with parchment paper.
- Cut the dough log crosswise into 1/4 to 1/2 inch-thick slices.
- Transfer the cookies to the prepared baking sheets, spacing evenly apart.
- Bake until the cookies are golden around the edges, about 15 minutes.
- Transfer the cookies to a wire rack to cool completely before icing.
- Place the confectioners' sugar in a medium mixing bowl. Gradually whisk in the almond flavored liqueur, until the mixture is of drizzling consistency.

Place the wire rack over a baking sheet. Using a spoon or fork, drizzle the cookies with the icing, allowing any excess icing to drip onto the baking sheet. Allow the icing to set before serving, about 30 minutes.

Nutrition Facts

PROTEIN 5.11% **FAT 38.88%** **CARBS 56.01%**

Properties

Glycemic Index:6.78, Glycemic Load:5.63, Inflammation Score:-2, Nutrition Score:2.3813043391413%

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, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg 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: 113.53kcal (5.68%), Fat: 5.04g (7.75%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 15.67g (5.7%), Sugar: 11.51g (12.78%), Cholesterol: 14.33mg (4.78%), Sodium: 22.71mg (0.99%), Alcohol: 0.05g (100%), Alcohol %: 0.22% (100%), Protein: 1.49g (2.98%), Manganese: 0.16mg (8.11%), Vitamin E: 0.92mg (6.15%), Vitamin B2: 0.07mg (4.07%), Vitamin A: 181.9IU (3.64%), Selenium: 2.54µg (3.62%), Vitamin B1: 0.05mg (3.32%), Folate: 12µg (3%), Phosphorus: 27.57mg (2.76%), Magnesium: 10.74mg (2.69%), Copper: 0.05mg (2.64%), Fiber: 0.65g (2.61%), Iron: 0.47mg (2.6%), Vitamin B3: 0.49mg (2.45%), Potassium: 57.19mg (1.63%), Zinc: 0.19mg (1.3%), Calcium: 11.12mg (1.11%)