



Blue Ribbon Almond Roca Cookies

READY IN



52 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter room temperature
- ☐ 1 cup brown sugar dark
- ☐ 2 eggs room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup coarsely ground almonds
- ☐ 4 ounces chocolate
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 1 package toffee bits
- ☐ 2 teaspoons vanilla extract pure
- ☐ 0.5 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ double boiler
- ☐ hand mixer

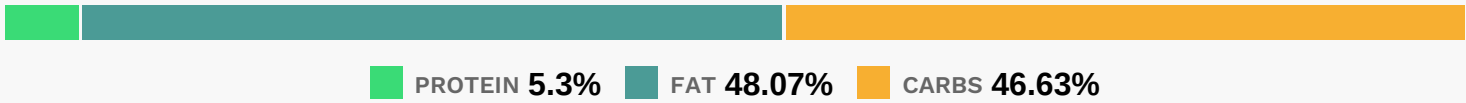
Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ In a medium mixing bowl, whisk together flour, baking soda, and salt. Set aside. In the bowl of an electric mixer, blend sugars together on medium speed.
- ☐ Add butter and mix to form a grainy paste.
- ☐ Add eggs and vanilla and mix at medium speed until light and fluffy. At low speed, slowly add the flour mixture and then the toffee bits.
- ☐ Mix until just blended; do not over-mix.
- ☐ Place ground nuts in a small bowl. Using hands, roll balls of dough into 1 to 1 1/2-inch balls, then roll in the ground nuts.
- ☐ Place on cookie sheets several inches apart.
- ☐ Bake approximately 22 minutes and then transfer cookies to a cooling rack.
- ☐ Melt the chocolate with the vegetable oil in a double boiler or in a bowl set over a pan of simmering water.
- ☐ Drizzle melted chocolate over cooled cookies.

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Place cookies on a cookie sheet and place in freezer or refrigerator until chocolate is firmly set.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:2.1352173984051%

Nutrients (% of daily need)

Calories: 150.23kcal (7.51%), Fat: 8.26g (12.7%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.28g (6.28%), Sugar: 10.51g (11.68%), Cholesterol: 22.68mg (7.56%), Sodium: 77.84mg (3.38%), Alcohol: 0.08g (100%), Alcohol %: 0.29% (100%), Protein: 2.05g (4.1%), Selenium: 3.93µg (5.62%), Vitamin B1: 0.07mg (4.67%), Folate: 17.38µg (4.34%), Manganese: 0.08mg (4%), Iron: 0.7mg (3.87%), Vitamin B2: 0.06mg (3.79%), Vitamin A: 171.1IU (3.42%), Fiber: 0.74g (2.95%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 20.63mg (2.06%), Copper: 0.04mg (1.78%), Calcium: 16.62mg (1.66%), Magnesium: 6.47mg (1.62%), Vitamin E: 0.2mg (1.34%)