



Blueberry Almond Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



114 kcal

DESSERT

Ingredients

- 1 cup almonds chopped
- 1.5 teaspoons baking soda
- 1 pint blueberries fresh
- 2 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon salt
- 1 cup shortening
- 1.5 cups sugar white

1.5 cups flour whole wheat

Equipment

food processor

bowl

baking sheet

baking paper

oven

blender

aluminum foil

Directions

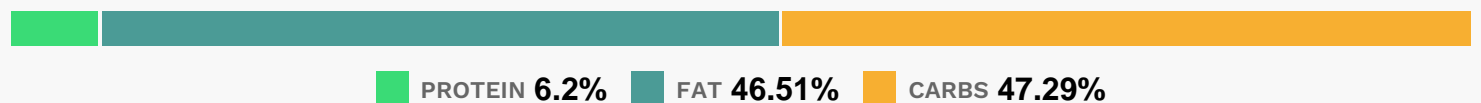
Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with aluminum foil or parchment paper. Puree blueberries in a food processor or blender.

In a medium bowl, cream sugar and shortening together. Beat in eggs, then stir in the blueberry puree. Sift together the all purpose flour, whole wheat flour, baking soda and salt; stir into the blueberry mixture. Finally, stir in the chopped almonds.

Drop dough by heaping teaspoons onto the prepared cookie sheets.

Bake for 13 to 15 minutes in the preheated oven. Cool on the baking sheet or remove to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:7.02, Inflammation Score:-1, Nutrition Score:3.1521739525639%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.49mg, Delphinidin: 3.49mg, Delphinidin: 3.49mg, Delphinidin: 3.49mg Malvidin: 6.66mg, Malvidin: 6.66mg, Malvidin: 6.66mg, Malvidin: 6.66mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg

Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.01mg,
Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:
0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin:
0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.18mg, Kaempferol:
0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg,
Myricetin: 0.13mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 114.28kcal (5.71%), Fat: 6.12g (9.41%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 13.99g (4.66%), Net
Carbohydrates: 12.88g (4.68%), Sugar: 7.38g (8.2%), Cholesterol: 6.82mg (2.27%), Sodium: 85.77mg (3.73%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Manganese: 0.28mg (14.06%), Vitamin E: 1.13mg
(7.53%), Selenium: 4.37µg (6.25%), Fiber: 1.12g (4.46%), Vitamin B2: 0.07mg (4.3%), Vitamin B1: 0.06mg (4.06%),
Vitamin K: 4.26µg (4.06%), Magnesium: 14.85mg (3.71%), Phosphorus: 36.75mg (3.67%), Copper: 0.06mg (2.95%),
Folate: 11.56µg (2.89%), Vitamin B3: 0.57mg (2.83%), Iron: 0.49mg (2.74%), Zinc: 0.26mg (1.72%), Vitamin B6:
0.03mg (1.47%), Potassium: 49.88mg (1.43%), Vitamin B5: 0.12mg (1.23%), Vitamin C: 0.96mg (1.16%), Calcium:
11.63mg (1.16%)