



Calabrian Love Knot Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup powdered sugar
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose (I used)
- ☐ 0.1 cup granulated sugar
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.1 cup milk

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat the oven to 350°F. Either grease baking sheets or lay out some parchment paper. Set aside.
- ☐ Beat together the eggs, oil, granulated sugar, and salt in a large mixing bowl until smooth. Stir in the milk, almond extract, baking powder, and enough flour so that the dough becomes stiff.
- ☐ Knead the dough either by hand or with a dough hook in a mixer until smooth. Pinch off about 1 tablespoon worth of dough for each cookie; roll into a rope and then twist into a pretzel shape, simple knot, or the letters of the name of your significant other.
- ☐ Place cookies on the prepared baking sheet.
- ☐ Bake until lightly browned, about 10 minutes.
- ☐ Transfer the cookies on to a wire rack to cool.
- ☐ If you're making them with frosting, go ahead and whisk the cream and almond extract together in a small mixing bowl. Beat in the confectioners' sugar bit by bit until it is smooth and of your desired consistency.
- ☐ Drizzle over the cooled cookies.
- ☐ Either way, store in an airtight container. These cookies keep beautifully when frozen.

Nutrition Facts



 PROTEIN **7.88%**  FAT **38.35%**  CARBS **53.77%**

Properties

Glycemic Index:11.46, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:2.2526087095232%

Nutrients (% of daily need)

Calories: 87.2kcal (4.36%), Fat: 3.71g (5.7%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 11.42g (4.15%), Sugar: 3.67g (4.08%), Cholesterol: 18.45mg (6.15%), Sodium: 37.12mg (1.61%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.71g (3.43%), Selenium: 4.93µg (7.04%), Vitamin B1: 0.08mg (5.64%), Folate: 21.12µg (5.28%), Vitamin B2: 0.08mg (4.57%), Vitamin K: 4.3µg (4.1%), Manganese: 0.07mg (3.63%), Iron: 0.58mg (3.22%), Vitamin B3: 0.62mg (3.11%), Phosphorus: 25.88mg (2.59%), Vitamin E: 0.26mg (1.73%), Calcium: 16.94mg (1.69%), Vitamin A: 61IU (1.22%), Vitamin B5: 0.12mg (1.21%), Fiber: 0.28g (1.13%)