



Cardamom-Lemon Polenta Cookie

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



158 kcal

DESSERT

Ingredients

- 0.3 cup blanched almonds and toasted
- 3 tablespoons butter
- 1 large eggs
- 1.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 0.8 teaspoon ground cardamom
- 1 tablespoon lemon rind grated
- 1 tablespoon powdered sugar

- 1 Dash salt
- 1 tablespoon water
- 0.5 cup cornmeal yellow

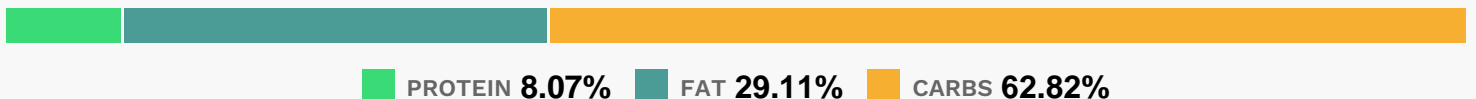
Equipment

- food processor
- oven
- knife
- springform pan
- measuring cup

Directions

- Preheat oven to 35
- Place almonds in a food processor; pulse until finely ground. Lightly spoon flour into dry measuring cups; level with a knife.
- Add flour and next 5 ingredients (flour through salt) to food processor; process until combined.
- Add butter, water, and egg; pulse 3 or 4 times or just until combined.
- Lightly press mixture evenly into bottom of a 9-inch round springform pan coated with cooking spray.
- Sprinkle with powdered sugar.
- Bake at 350 30 minutes or until lightly browned.
- Remove outer ring of springform pan, and cut cookie into 12 wedges while warm.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:16.37, Inflammation Score:-2, Nutrition Score:4.0939130135204%

Nutrients (% of daily need)

Calories: 157.71kcal (7.89%), Fat: 5.16g (7.95%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 23.73g (8.63%), Sugar: 9.27g (10.3%), Cholesterol: 23.02mg (7.68%), Sodium: 32.9mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.22mg (11.08%), Selenium: 6.56µg (9.37%), Vitamin B1: 0.14mg (9.08%), Folate: 31.07µg (7.77%), Vitamin B2: 0.12mg (6.82%), Iron: 1.03mg (5.71%), Vitamin B3: 1.08mg (5.41%), Fiber: 1.34g (5.37%), Vitamin E: 0.78mg (5.18%), Phosphorus: 51.8mg (5.18%), Magnesium: 18.07mg (4.52%), Copper: 0.07mg (3.38%), Zinc: 0.45mg (2.99%), Vitamin B6: 0.06mg (2.83%), Vitamin A: 110.4IU (2.21%), Vitamin B5: 0.18mg (1.78%), Potassium: 62.32mg (1.78%), Calcium: 13.08mg (1.31%)