



Cashew Stars

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 0.5 lb butter at room temperature
- 2 cups flour all-purpose
- 0.5 cup powdered sugar
- 1 cup roasted salted minced
- 0.3 teaspoon salt

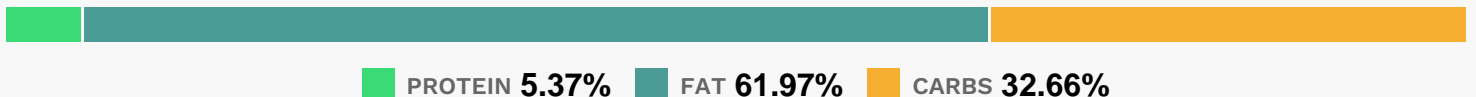
Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- spatula
- rolling pin

Directions

- In a bowl, with an electric mixer on medium speed, beat butter, 1/2 cup powdered sugar, and almond extract until smooth. In another bowl, mix flour, baking powder, and salt; stir or beat into butter mixture until well blended. Stir in cashews (if mixture is crumbly, squeeze into a smooth, compact ball).
- Divide dough in half; flatten each portion into a 1-inch-thick disk. Wrap each disk airtight and freeze until firm, about 20 minutes. On a lightly floured board, with a floured rolling pin, roll dough, a portion at a time, to 3/16 inch thick.
- With a floured 3-inch star-shaped cutter, cut out cookies (if dough becomes too soft to handle, freeze briefly until firm again). With a wide spatula or your fingers, transfer cookies to buttered or cooking parchment-lined 12- by 15-inch baking sheets, spacing them about 1 inch apart. Gather scraps, pat into a ball, and repeat rolling and cutting.
- Bake cookies in a 300 oven until golden, 15 to 18 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- With a wide spatula, transfer cookies to racks to cool. If hot cookies start to break, slide a thin spatula under them to release, let stand on sheets to firm up, about 5 minutes, then transfer to racks to cool completely. Dust cookies with remaining 2 tablespoons powdered sugar.

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:2.4539130310649%

Nutrients (% of daily need)

Calories: 118.66kcal (5.93%), Fat: 8.33g (12.81%), Saturated Fat: 4.32g (26.98%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.51g (3.46%), Sugar: 2.22g (2.46%), Cholesterol: 16.25mg (5.42%), Sodium: 104.49mg (4.54%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1.62g (3.25%), Copper: 0.11mg (5.68%), Vitamin B1: 0.07mg (5%), Selenium: 3.45µg (4.92%), Manganese: 0.09mg (4.74%), Folate: 18.63µg (4.66%), Vitamin A: 188.92IU (3.78%), Iron: 0.67mg (3.73%), Phosphorus: 34.65mg (3.47%), Magnesium: 13.88mg (3.47%), Vitamin B2: 0.05mg (3.13%), Vitamin B3: 0.56mg (2.8%), Zinc: 0.32mg (2.14%), Vitamin K: 2.14µg (2.04%), Vitamin E: 0.22mg (1.48%), Fiber: 0.36g (1.45%), Potassium: 36.64mg (1.05%)