

Chai-Spiced Almond Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



22

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 1 teaspoon almond extract
- ☐ 0.8 cup almonds toasted finely chopped
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.3 cups powdered sugar divided
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 2 teaspoons vanilla extract

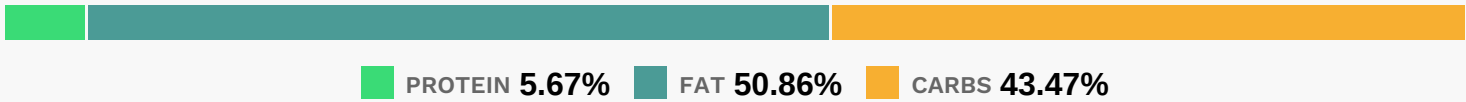
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Using electric mixer, beat butter, 1/3 cup sugar, both extracts, spices, and salt in medium bowl. Beat in flour, then stir in almonds.
- ☐ Using hands, roll dough into tablespoon-size balls.
- ☐ Place on large baking sheet, spacing apart.
- ☐ Bake until pale golden, about 25 minutes. Cool on sheet 5 minutes.
- ☐ Place remaining sugar in large bowl. Working in batches, gently coat hot cookies in sugar. Cool cookies on rack.
- ☐ Roll again in sugar and serve.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:3.19, Inflammation Score:-2, Nutrition Score:2.642173897475%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 116.26kcal (5.81%), Fat: 6.68g (10.28%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.03g (4.37%), Sugar: 7.41g (8.24%), Cholesterol: 11.09mg (3.7%), Sodium: 27.42mg (1.19%), Alcohol: 0.19g (100%), Alcohol %: 1% (100%), Protein: 1.68g (3.36%), Vitamin E: 1.37mg (9.15%), Manganese: 0.18mg (9.05%), Vitamin B2: 0.09mg (5.15%), Magnesium: 14.86mg (3.71%), Vitamin B1: 0.06mg (3.68%), Fiber: 0.82g (3.28%), Selenium: 2.22µg (3.18%), Folate: 12.72µg (3.18%), Phosphorus: 31.08mg (3.11%), Copper: 0.06mg (3.05%), Iron: 0.47mg (2.6%), Vitamin B3: 0.52mg (2.6%), Vitamin A: 129.48IU (2.59%), Calcium: 16.52mg (1.65%), Zinc: 0.2mg (1.36%), Potassium: 45.68mg (1.31%)