



Chewy Almond Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



115 kcal

DESSERT

Ingredients

- 2 egg whites
- 0.5 teaspoon ground cardamom
- 1 tablespoon rosewater
- 3.8 cups slivered almonds
- 0.5 cup sugar

Equipment

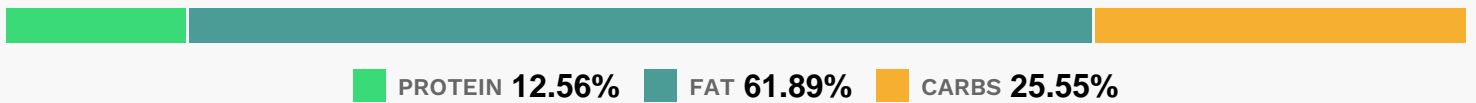
- food processor
- bowl

- baking sheet
- oven
- hand mixer
- aluminum foil

Directions

- Process almonds in a food processor 9 minutes or until a paste forms, stopping to scrape down sides.
- Beat egg whites at medium speed with an electric mixer until stiff peaks form.
- Combine almond paste, sugar, and cardamom in a bowl, mixing with hands until blended.
- Add egg whites; knead by hand until smooth and doughlike consistency.
- Dip fingers in rose water, and shape dough into 1-inch balls (about 1 tablespoon dough for each cookie). Slightly flatten with thumb, and pinch sides to form star- and diamond-shaped cookies.
- Place cookies on an aluminum foil-lined baking sheet.
- Bake on middle rack of oven at 325 for 15 to 20 minutes or until bottoms are lightly browned.
- Remove cookies immediately to wire racks; cool.
- * Rose water can be found in Middle-Eastern markets or in health food stores. Water may be substituted.

Nutrition Facts



Properties

Glycemic Index:3.55, Glycemic Load:3.06, Inflammation Score:-2, Nutrition Score:5.3891303170796%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg

0.45mg, Isorhamnetin: 0.45mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 115.18kcal (5.76%), Fat: 8.44g (12.99%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 5.72g (2.08%), Sugar: 4.91g (5.46%), Cholesterol: 0mg (0%), Sodium: 4.37mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin E: 4.32mg (28.8%), Manganese: 0.4mg (19.89%), Vitamin B2: 0.2mg (12.01%), Magnesium: 45.93mg (11.48%), Copper: 0.17mg (8.74%), Fiber: 2.12g (8.48%), Phosphorus: 81.62mg (8.16%), Calcium: 45.77mg (4.58%), Potassium: 128.32mg (3.67%), Zinc: 0.53mg (3.54%), Iron: 0.64mg (3.53%), Vitamin B3: 0.61mg (3.07%), Vitamin B1: 0.03mg (2.32%), Folate: 7.53µg (1.88%), Selenium: 1.22µg (1.74%), Vitamin B6: 0.02mg (1.17%)