



Chewy Almond-Raspberry Sandwich Cookies



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



20

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 7 ounce almond paste crumbled
- ☐ 1.5 cups almonds sliced
- ☐ 0.3 cup egg whites (2 large)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 20 servings powdered sugar
- ☐ 0.3 cup raspberry jam seedless
- ☐ 1 cup sugar

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags
- ☐ kitchen scissors

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 350°F. Line 2 large baking sheets with parchment.
- ☐ Place almonds in center of third (unlined) rimmed baking sheet, forming 1/4-inch-thick layer.
- ☐ Finely grind almond paste, 1 cup sugar, and cinnamon in processor.
- ☐ Add egg whites; process until well blended.
- ☐ Transfer dough to large resealable plastic bag. Press dough down into 1 corner of bag. Using scissors, snip off corner, leaving 1/2-inch opening. Working in batches, squeeze dough from bag in 2 1/2-inch-long strips atop almonds on sheet.
- ☐ Sprinkle some of loose almonds on sheet over strips; carefully roll strips in almonds to coat lightly (dough will be soft and sticky).
- ☐ Transfer cookies to prepared baking sheets, spacing apart.
- ☐ Bake cookies until light golden brown, reversing position of sheets halfway through baking, about 12 minutes.
- ☐ Let cookies stand on sheets 5 minutes; transfer to rack. Sift powdered sugar over cookies.
- ☐ Simmer jam in heavy small saucepan over medium heat until jam is bubbling thickly, about 30 seconds. Cool.
- ☐ Spread 1/4 to 1/2 teaspoon jam over bottom of 1 cookie. Top with second cookie, bottom side down.
- ☐ Transfer sandwich to plate. Repeat with remaining cookies and jam. DO AHEAD: can be made 3 weeks ahead. Store airtight in freezer. Bring to room temperature before serving.

Nutrition Facts



 **PROTEIN 6.04%**  **FAT 31.25%**  **CARBS 62.71%**

Properties

Glycemic Index:7, Glycemic Load:9.16, Inflammation Score:-2, Nutrition Score:3.8930434324657%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 172.47kcal (8.62%), Fat: 6.23g (9.59%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 26.72g (9.72%), Sugar: 24.47g (27.19%), Cholesterol: 0mg (0%), Sodium: 8.08mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin E: 3.11mg (20.76%), Manganese: 0.25mg (12.73%), Vitamin B2: 0.14mg (8.28%), Magnesium: 32.12mg (8.03%), Copper: 0.12mg (6.2%), Phosphorus: 60.35mg (6.04%), Fiber: 1.43g (5.71%), Calcium: 37.65mg (3.77%), Folate: 11.03µg (2.76%), Potassium: 91.62mg (2.62%), Iron: 0.46mg (2.55%), Zinc: 0.37mg (2.46%), Selenium: 1.53µg (2.19%), Vitamin B3: 0.4mg (1.98%), Vitamin B1: 0.02mg (1.55%)