



Chinese Almond Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



91 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 36 blanched almonds and
- 0.8 cup butter softened
- 1 eggs
- 1 egg yolk
- 2.5 cups flour all-purpose sifted
- 0.3 teaspoon salt

- 3 tablespoons water
- 0.8 cup sugar white

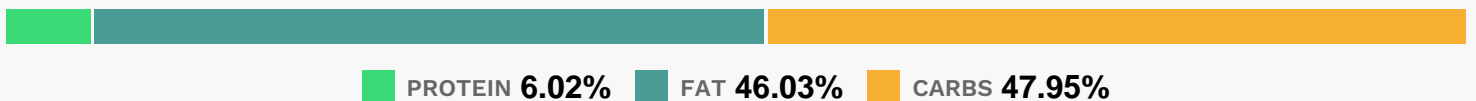
Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- aluminum foil

Directions

- Sift flour, sugar, salt and baking powder together in a large bowl. Using pastry blender or knives, cut in butter until mixture resembles coarse cornmeal.
- Beat the egg together with 2 tablespoons of the water and the almond extract.
- Add this to the flour mixture and mix with a fork until dough leaves the sides of the bowl.
- On a lightly floured surface, knead the dough until it is smooth. Wrap it in foil or cling-wrap and refrigerate for one hour.
- Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- Form dough into 1 inch balls and place them 3 inch apart on ungreased cookie sheets. Flatten each cookie to about 1/4 inch thick and press an almond into the center of each. Beat egg yolk with 1 tablespoon water and brush on cookies.
- Bake 20-25 minutes or until golden brown.
- Remove to wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:1.9008695833061%

Nutrients (% of daily need)

Calories: 91.18kcal (4.56%), Fat: 4.71g (7.24%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.7g (3.89%), Sugar: 4.25g (4.72%), Cholesterol: 20.11mg (6.7%), Sodium: 60.79mg (2.64%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 1.38g (2.77%), Selenium: 3.7µg (5.29%), Vitamin B1: 0.07mg (4.78%), Folate: 17.82µg (4.46%), Manganese: 0.08mg (3.93%), Vitamin B2: 0.06mg (3.57%), Vitamin B3: 0.55mg (2.75%), Iron: 0.49mg (2.7%), Vitamin A: 132.06IU (2.64%), Vitamin E: 0.38mg (2.52%), Phosphorus: 22.13mg (2.21%), Fiber: 0.33g (1.33%), Calcium: 12.76mg (1.28%), Magnesium: 4.91mg (1.23%), Copper: 0.02mg (1.23%)