



Chinese Almond Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



84 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 0.3 cup blanched almonds and whole
- 0.5 lb butter at room temperature
- 1 large eggs
- 1 large egg yolk
- 2.5 cups flour all-purpose
- 1 tablespoon milk
- 2 tablespoons sesame seed

1 cup sugar

Equipment

bowl

baking sheet

oven

blender

spatula

Directions

In a large bowl, with a mixer on medium speed, beat 1 cup butter and sugar until smooth.

Add whole egg and almond extract and beat until well blended.

Add flour and baking powder; stir to mix, then beat until well blended.

Shape dough into 1-inch balls, flatten each slightly, and place about 1 inch apart on buttered 12- by 15-inch baking sheets.

In a small bowl, beat egg yolk with milk to blend.

Brush cookies lightly with egg mixture; discard any remaining. Press an almond into the center of each cookie and sprinkle with about 1/8 teaspoon sesame seeds.

Bake cookies in a 325 regular or convection oven until lightly browned, 15 to 20 minutes; if baking two sheets at once in one oven, switch their positions halfway through baking.

Let cookies cool on sheets for 5 minutes, then use a wide spatula to transfer to racks to cool completely.

Nutrition Facts



PROTEIN 5.46% **FAT 49.92%** **CARBS 44.62%**

Properties

Glycemic Index:6.46, Glycemic Load:6.54, Inflammation Score:-2, Nutrition Score:1.6995652032125%

Nutrients (% of daily need)

Calories: 83.72kcal (4.19%), Fat: 4.71g (7.24%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 9.16g (3.33%), Sugar: 4.24g (4.71%), Cholesterol: 7.74mg (2.58%), Sodium: 55.53mg (2.41%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 1.16g (2.32%), Selenium: 2.9µg (4.14%), Vitamin B1: 0.06mg (3.81%), Vitamin A: 180.34IU (3.61%), Manganese: 0.07mg (3.47%), Folate: 13.72µg (3.43%), Vitamin B2: 0.05mg (2.87%), Vitamin E: 0.38mg (2.52%), Iron: 0.42mg (2.32%), Vitamin B3: 0.43mg (2.16%), Phosphorus: 19.98mg (2%), Copper: 0.03mg (1.66%), Calcium: 14.06mg (1.41%), Magnesium: 5.28mg (1.32%), Fiber: 0.3g (1.2%)