



Chinese Almond Cookies

 Vegetarian  Popular

READY IN



155 min.

SERVINGS



48

CALORIES



93 kcal

DESSERT

Ingredients

- 1.3 cups almond flour packed
- 1 cup butter unsalted chilled cut into cubes
- 1 pinch kosher salt
- 2 eggs
- 1 teaspoon almond extract
- 1.8 cups flour
- 1 cup tablespoons of sugar
- 0.5 teaspoon baking soda

- 48 servings almonds thinly sliced

Equipment

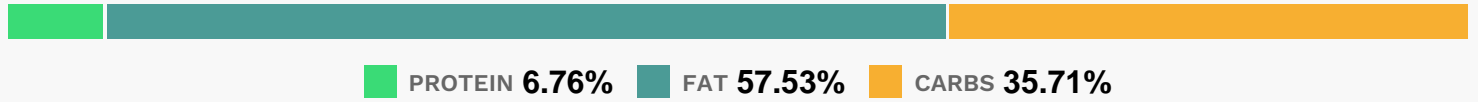
- bowl
- baking sheet
- baking paper
- oven
- wire rack
- plastic wrap
- hand mixer
- pastry brush

Directions

- Beat almond flour, salt, butter:
- Place the almond flour, salt, and butter into an electric mixer with a paddle attachment and beat on medium speed for three minutes. The mixture will become coarse and chunky looking.
- Add one of the eggs, reserving the other for later, and the almond extract.
- Mix on low speed until just incorporated.
- Sift together the flour, sugar, and baking soda then add to the butter mixture at low speed.
- Mix until just combined.
- Chill the dough: Take the dough and flatten it into a disc and wrap in plastic wrap.
- Place it in the refrigerator for two hours to chill.
- Prep oven, baking sheet, egg: Preheat the oven to 325°F. Line a baking sheet with parchment paper.
- Place the other egg into a bowl and beat it.
- Flatten balls of dough onto cookie sheet: Take pieces of dough and roll them into balls about three-quarters-of-an-inch wide.
- Place them on the sheet about an inch apart and then press them down slightly with your palm to make a coin shape.

- Place a slivered almond onto each cookie and lightly press it into place, then paint the surface of the cookie with some of the beaten egg using a pastry brush or your finger (this will give the cookie a lacquered appearance once it bakes).
- Bake at 325°F for 13–15 minutes or until the edges just begin to tan. Cool on the sheet on a wire rack.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:5.43, Inflammation Score:-1, Nutrition Score:1.4295652197755%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 92.77kcal (4.64%), Fat: 6.11g (9.4%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.34g (4.83%), Cholesterol: 16.99mg (5.66%), Sodium: 15.48mg (0.67%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 1.61g (3.23%), Selenium: 2.22µg (3.17%), Manganese: 0.05mg (2.75%), Vitamin B2: 0.04mg (2.63%), Vitamin B1: 0.04mg (2.59%), Vitamin E: 0.39mg (2.58%), Vitamin A: 128.09IU (2.56%), Folate: 9.78µg (2.45%), Fiber: 0.58g (2.31%), Iron: 0.4mg (2.23%), Vitamin B3: 0.31mg (1.54%), Phosphorus: 14.5mg (1.45%), Calcium: 12.12mg (1.21%), Magnesium: 4.03mg (1.01%)