



Chinese Five Spice Almond Cookies

 Dairy Free

READY IN



55 min.

SERVINGS



36

CALORIES



91 kcal

DESSERT

Ingredients

- 2 teaspoons five spice powder chinese
- 0.5 cup almonds sliced
- 0.5 cup butter softened
- 1 eggs
- 3 tablespoons sugar white
- 1 pouch sugar cookie mix (1 lb 1.5 oz)

Equipment

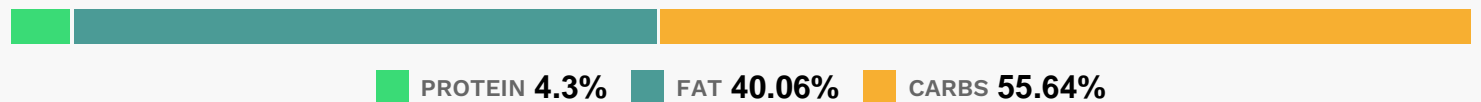
- bowl

- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350F. In large bowl, combine cookie mix and five-spice powder until blended. Stir in butter and egg until soft dough forms. Stir in almonds.
- Roll dough into 36 (1-inch) balls. Dip one side of each ball into coarse sugar.
- Place balls, sugar side up, 2 inches apart on ungreased cookie sheets.
- Bake 10 to 12 minutes or until edges just begin to brown. Cool 2 minutes; remove from cookie sheets to wire rack. Cool completely. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.36, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:0.81826087492316%

Flavonoids

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

Nutrients (% of daily need)

Calories: 90.55kcal (4.53%), Fat: 4.07g (6.27%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.54g (4.56%), Sugar: 7.45g (8.28%), Cholesterol: 4.55mg (1.52%), Sodium: 70.89mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Vitamin E: 0.44mg (2.92%), Vitamin A: 120.08IU (2.4%), Manganese: 0.03mg (1.73%), Vitamin B2: 0.03mg (1.58%), Iron: 0.2mg (1.12%), Phosphorus: 10.27mg (1.03%), Magnesium: 4.07mg (1.02%)