



## Chinese Restaurant Almond Cookies

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



48

CALORIES



49 kcal

DESSERT

### Ingredients

- 1 teaspoon almond extract
- 48 almonds
- 0.5 teaspoon baking soda
- 1 eggs
- 2.8 cups flour all-purpose sifted
- 0.5 teaspoon salt
- 1 cup sugar white
- 1 cup lard

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## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 325 degrees F (165 degrees C).

Sift flour, sugar, baking soda and salt together into a bowl.

Cut in the lard until mixture resembles cornmeal.

Add egg and almond extract.

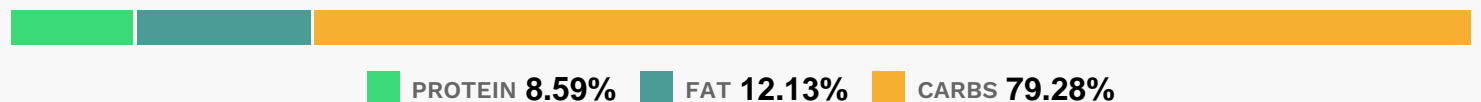
Mix well.

Roll dough into 1-inch balls. Set them 2 inches apart on an ungreased cookie sheet.

Place an almond on top of each cookie and press down to flatten slightly.

Bake in the preheated oven until the edges of the cookies are golden brown, 15 to 18 minutes.

## Nutrition Facts



## Properties

Glycemic Index:3.23, Glycemic Load:6.87, Inflammation Score:-1, Nutrition Score:1.3860869603636%

## 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: 49.45kcal (2.47%), Fat: 0.67g (1.03%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.53g (3.47%), Sugar: 4.24g (4.71%), Cholesterol: 3.41mg (1.14%), Sodium: 37.13mg (1.61%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 1.07g (2.13%), Selenium: 2.78µg (3.96%), Vitamin B1: 0.06mg

(3.91%), Manganese: 0.07mg (3.62%), Folate: 13.98 $\mu$ g (3.49%), Vitamin B2: 0.05mg (3.05%), Vitamin B3: 0.46mg (2.3%), Iron: 0.39mg (2.15%), Vitamin E: 0.27mg (1.8%), Phosphorus: 14.36mg (1.44%), Fiber: 0.32g (1.27%), Magnesium: 4.4mg (1.1%), Copper: 0.02mg (1.08%)