



## Chocolate Almond Shortbread

 Vegetarian

READY IN



60 min.

SERVINGS



32

CALORIES



63 kcal

DESSERT

### Ingredients

- ☐ 3 oz blanched almonds and whole
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup flour all-purpose
- ☐ 5 tablespoons superfine granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted cut into small pieces
- ☐ 2 tablespoons cocoa powder unsweetened (preferably Dutch-process)

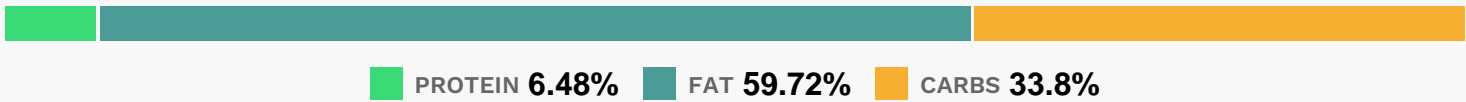
### Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

## Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F. Pulse almonds with flour, granulated sugar, cocoa, cinnamon, and salt in a food processor until very finely chopped.
- ☐ Add butter and pulse just until a dough forms.
- ☐ Press dough evenly into an ungreased 9-inch square baking pan with your fingers.
- ☐ Cut dough into 16 squares with a sharp knife, then cut squares diagonally to make a total of 32 triangles.
- ☐ Bake until cookies are dry to the touch, 15 to 17 minutes.
- ☐ Transfer pan to a rack and run a thin knife around edge of pan to loosen cookies while hot. Recut hot cookies into triangles, then cool completely in pan. Dust with confectioners sugar just before serving.
- ☐ Cookies can be made 5 days ahead and kept in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:4.69, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.5752174080066%

## Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 63.34kcal (3.17%), Fat: 4.36g (6.71%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.05g (1.84%), Sugar: 2.01g (2.24%), Cholesterol: 7.63mg (2.54%), Sodium: 19.23mg (0.84%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin E: 0.72mg (4.78%), Manganese: 0.09mg (4.66%), Vitamin B1: 0.04mg (2.41%), Magnesium: 9.63mg (2.41%), Vitamin B2: 0.04mg (2.38%), Copper: 0.05mg (2.28%), Folate: 8.66µg (2.16%), Selenium: 1.5µg (2.15%), Phosphorus: 20.17mg (2.02%), Fiber: 0.5g (2%), Vitamin A: 88.91IU (1.78%), Iron: 0.32mg (1.76%), Vitamin B3: 0.33mg (1.66%)