

Cinnamon Stars



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cups confectioners' sugar
- ☐ 0.3 cup egg whites
- ☐ 2.7 cups ground almonds finely
- ☐ 1 tablespoon ground cinnamon
- ☐ 1.8 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.1 teaspoon salt

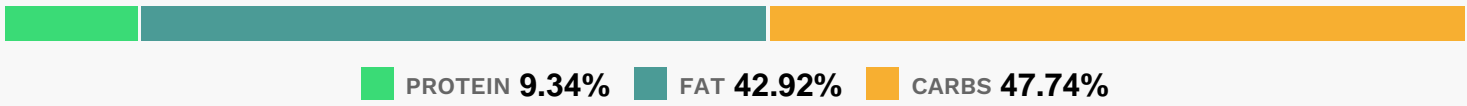
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Stir together the almonds, cinnamon, and lemon zest until combined.
- ☐ Beat the egg whites and salt until soft peaks form. Slowly sift in the confectioner's sugar, continuing to beat until the mixture is stiff. Set aside 1/3 cup of the egg white mixture for the glaze. Fold in the almond mixture.
- ☐ Preheat oven to 325 degrees F (170 degrees C). Line the cookie sheets with parchment paper.
- ☐ Roll the dough to 1/4 inch thickness on a surface that has been sprinkled with confectioners' sugar. Using a 2 1/2-inch star cookie cutter, cut out the cookies and place them on the cookie sheets.
- ☐ To make the glaze, add the lemon juice to the reserved egg white mixture, stirring until smooth.
- ☐ Brush the tops of the cookies lightly with the glaze. (If the glaze starts to thicken, add a few more drops of lemon juice.)
- ☐ Bake for 20 to 25 minutes. When done, they will be light brown and soft in the center.
- ☐ Remove and cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:0.14, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.53347826165997%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 81.09kcal (4.05%), Fat: 4.11g (6.33%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 9.29g (3.38%), Sugar: 8.47g (9.41%), Cholesterol: 0mg (0%), Sodium: 12mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Fiber: 1g (4.02%), Calcium: 19.98mg (2%), Manganese: 0.04mg (1.97%), Iron: 0.34mg (1.89%)