



Cousin Donna's Almond Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



32

CALORIES



103 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.3 cup sugar
- 0.7 cup almond flour (use spice grinder to grind into powder form)
- 1.7 cups flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 cup powdered sugar

Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 325°F.
- In large bowl, beat butter, sugar and ground almonds with electric mixer on medium speed until smooth. In another bowl, stir together flour and salt. With electric mixer on low speed, add flour mixture to butter mixture.
- Shape dough into tablespoon-size balls.
- Place on ungreased cookie sheets.
- Bake 10 to 15 minutes or until the bottoms have browned (the tops of the cookies will remain a light color.)
- Remove to cooling rack. Cool completely, about 30 minutes.
- Mix cinnamon, nutmeg and powdered sugar. Dip tops of cookies into mixture.

Nutrition Facts



PROTEIN 4.66% **FAT 59.49%** **CARBS 35.85%**

Properties

Glycemic Index:8.44, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:1.2982608630605%

Nutrients (% of daily need)

Calories: 103.38kcal (5.17%), Fat: 6.99g (10.75%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 9.02g (3.28%), Sugar: 4.03g (4.47%), Cholesterol: 15.25mg (5.08%), Sodium: 63.98mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin A: 177.49IU (3.55%), Vitamin B1: 0.05mg (3.44%), Selenium: 2.3µg (3.29%), Folate: 12.15µg (3.04%), Manganese: 0.06mg (2.82%), Iron: 0.4mg (2.22%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.39mg (1.94%), Fiber: 0.46g (1.85%), Vitamin E: 0.17mg (1.13%)