



Crispy Almond Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 teaspoons baking soda
- ☐ 1 teaspoon cream of tartar
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup ground almonds
- ☐ 2 tablespoons milk
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 1.5 teaspoons warm water
- ☐ 0.8 cup sugar white

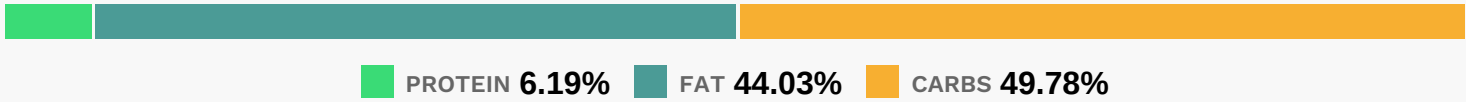
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream the shortening, and sugar. Separate the eggs and refrigerate the whites.
- ☐ Mix in the egg yolks and almond extract. Dissolve the baking soda in the water, and stir into the mixture along with the milk.
- ☐ Combine the flour, cream of tartar and salt; gradually stir into the sugar mixture. Fold in the almonds.
- ☐ Roll the dough into a log about 2 inches in diameter. Wrap in waxed paper and refrigerate for at least 4 hours.
- ☐ Preheat oven to 375 degrees F.
- ☐ Cut the dough into 1/8 inch thick slices and place 2 inches apart on ungreased cookie sheets.
- ☐ Brush with egg whites and sprinkle with sugar.
- ☐ Bake for 10 to 12 minutes, or until lightly colored.
- ☐ Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:6.28, Inflammation Score:-1, Nutrition Score:1.2643478318401%

Nutrients (% of daily need)

Calories: 72.09kcal (3.6%), Fat: 3.56g (5.48%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.82g (3.21%), Sugar: 4.26g (4.73%), Cholesterol: 9.19mg (3.06%), Sodium: 57.8mg (2.51%), Alcohol:

0.02g (100%), Alcohol %: 0.14% (100%), Protein: 1.13g (2.26%), Selenium: 2.85µg (4.07%), Vitamin B1: 0.05mg (3.31%), Folate: 12.27µg (3.07%), Vitamin B2: 0.04mg (2.54%), Manganese: 0.04mg (2.13%), Iron: 0.36mg (2.01%), Vitamin B3: 0.36mg (1.81%), Vitamin K: 1.54µg (1.47%), Vitamin E: 0.2mg (1.36%), Phosphorus: 12.25mg (1.23%)