



## Dutch Almond Boterkoek

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon almond extract
- 0.5 cup blanched slivered almonds
- 1.3 cups brown sugar packed
- 1 cup butter
- 1 eggs
- 2 cups flour all-purpose

### Equipment

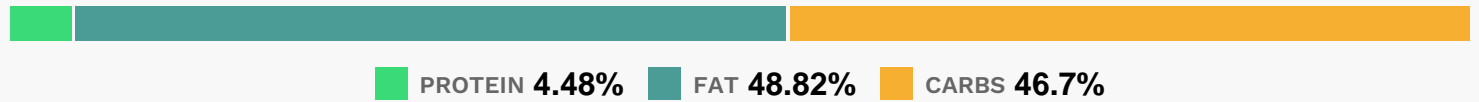
- oven

baking pan

## Directions

- Preheat oven to 350 degrees F (180 degrees C). Grease a 9 x 12 inch jelly roll pan . You can also use a 9 x13 inch rectangular baking pan.
- Cream together the brown sugar and the butter or margarine.
- Add the almond extract.
- Sift and add flour to the creamed sugar mixture.
- Mix well.
- Separate the egg, and add the egg yolk to the dough.
- Mix again.
- Press into the greased sponge roll tin, and glaze with the lightly-beaten egg white.
- Sprinkle with flaked or slivered almonds.
- Bake approx 20 minutes. When cool, cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:5.21, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:2.7339130478061%

## Nutrients (% of daily need)

Calories: 165.65kcal (8.28%), Fat: 9.13g (14.04%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 19.15g (6.96%), Sugar: 11.28g (12.53%), Cholesterol: 27.16mg (9.05%), Sodium: 67.28mg (2.93%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.88g (3.77%), Selenium: 4.4µg (6.28%), Manganese: 0.12mg (6.03%), Vitamin B1: 0.09mg (5.82%), Folate: 21.42µg (5.36%), Vitamin E: 0.78mg (5.2%), Vitamin A: 246.42IU (4.93%), Vitamin B2: 0.08mg (4.66%), Iron: 0.67mg (3.74%), Vitamin B3: 0.71mg (3.56%), Phosphorus: 28.44mg (2.84%), Magnesium: 9.78mg (2.45%), Copper: 0.04mg (2.25%), Fiber: 0.5g (2.02%), Calcium: 19.7mg (1.97%), Potassium: 46.26mg (1.32%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.06%)