



Dutch Letter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



171 kcal

DESSERT

Ingredients

- 8 ounces almond paste
- 1 cup butter chilled
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 0.3 cup ice water
- 2 tablespoons milk
- 0.3 teaspoon salt

0.3 cup sugar white

Equipment

bowl

oven

wire rack

wooden spoon

ziploc bags

pastry bag

Directions

In a medium bowl, stir together flour and salt.

Cut in chilled butter until the texture of the mix is mealy with pea sized lumps.

Add ice water gradually while stirring with a wooden spoon until dough forms a ball. Cover your dough and chill for 1/2 hour.

To make filling, in a small bowl, mix together the almond paste and sugar.

Add the egg and mix well.

Preheat oven to 375 degrees F (190 degrees C).

On a lightly floured surface, roll out the dough to 1/4 to 1/8 inch thickness, making as square as possible.

Cut the dough into strips 6 inches long and 1 1/2 inches wide (about the width of a ruler). Using a pastry bag or a strong plastic bag with a small hole cut from the corner, pipe almond filling down the center of the strip starting halfway down. Fold the top half of the strip down over the almond filling to match the bottom.

Shape strips into desired letters, brush with milk and sprinkle with sugar.

Bake in preheated oven for about 20 minutes or until golden brown. If you are using all butter in your recipe, check after 15 minutes.

Remove from the oven and cool on a wire rack.

Nutrition Facts



■ PROTEIN 5.23% ■ FAT 54.86% ■ CARBS 39.91%

Properties

Glycemic Index:12.63, Glycemic Load:9.17, Inflammation Score:-3, Nutrition Score:3.4147826294698%

Nutrients (% of daily need)

Calories: 171.1kcal (8.56%), Fat: 10.62g (16.34%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 16.65g (6.05%), Sugar: 8.37g (9.3%), Cholesterol: 27.31mg (9.1%), Sodium: 89.39mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin E: 1.52mg (10.14%), Manganese: 0.15mg (7.64%), Folate: 27.11µg (6.78%), Selenium: 4.64µg (6.63%), Vitamin B2: 0.1mg (6.17%), Vitamin B1: 0.09mg (6.1%), Vitamin A: 248.29IU (4.97%), Phosphorus: 42.79mg (4.28%), Magnesium: 15.17mg (3.79%), Vitamin B3: 0.76mg (3.78%), Iron: 0.67mg (3.73%), Copper: 0.06mg (3.01%), Fiber: 0.73g (2.94%), Calcium: 22.81mg (2.28%), Zinc: 0.25mg (1.67%), Potassium: 47.6mg (1.36%)