

Finger Cookies

Vegetarian







DESSERT

Ingredients

1 teaspoon salt

0.5 cup almonds sliced
1 teaspoon double-acting baking powder
1 cup butter softened
1 eggs
2.8 cups flour all-purpose
2 chocolate icing (see below)
0.3 cup powdered sugar

	1 teaspoon vanilla extract	
	1 teaspoon water	
Εq	uipment	
	bowl	
	baking sheet	
	oven	
	mixing bowl	
	butter knife	
Directions		
	In a large mixing bowl, beat the butter until smooth and creamy.	
	Add the sugar, egg, and vanilla extract and mix well.	
	Add the flour, baking powder, and salt and beat until completely mixed.	
	Cover the dough and refrigerate for 30 minutes.	
	Preheat the oven to 325°F.	
	With your hands, roll a heaping tablespoon of dough into a finger shape for each cookie. If the dough gets sticky and hard to work with, put it back in the refrigerator for a little while.	
	Place fingers on an ungreased cookie sheet about 3 inches apart.	
	Use a butter knife to make knuckle marks on the finger cookies. Slightly flatten the front of the finger to create a nail.	
	Bake 20-25 minutes, until fingers are slightly golden.	
	Remove from the oven and let cool. Meanwhile, prepare the Icing Glue.	
	Mix together powdered sugar and water in a small bowl until the consistency is similar to that of a paste.	
	Attach almond slice fingernails to the tips of the fingers with Icing Glue.	
	Let glue dry for about 30 minutes.	
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Nutrition Facts

PROTEIN 6.26% FAT 57.44% CARBS 36.3%

Properties

Glycemic Index:5.4, Glycemic Load:3.84, Inflammation Score:-1, Nutrition Score:1.5186956443864%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 66.94kcal (3.35%), Fat: 4.3g (6.61%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.69g (0.76%), Cholesterol: 13.03mg (4.34%), Sodium: 85.68mg (3.73%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 1.05g (2.11%), Selenium: 2.69µg (3.84%), Vitamin B1: 0.06mg (3.76%), Manganese: 0.07mg (3.42%), Folate: 13.54µg (3.38%), Vitamin B2: 0.05mg (2.96%), Vitamin E: 0.35mg (2.37%), Vitamin A: 118.22IU (2.36%), Vitamin B3: 0.44mg (2.21%), Iron: 0.38mg (2.11%), Phosphorus: 16.45mg (1.64%), Fiber: 0.3g (1.2%), Magnesium: 4.23mg (1.06%), Copper: 0.02mg (1.01%)