



Finger Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



50

CALORIES



67 kcal

DESSERT

Ingredients

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

- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon water

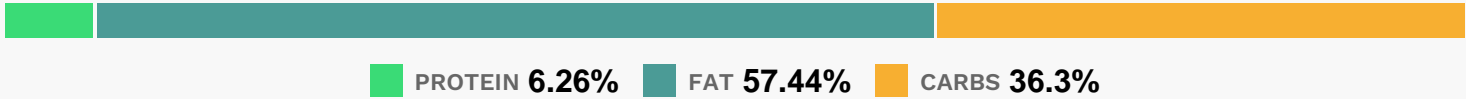
Equipment

- ☐ 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.
- ☐ From The Secret Life of Food
- ☐ Published by Hyperion/Melcher Media , Reprinted with permission from Melcher Media

Nutrition Facts



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 Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 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%)