



Finnish Cookie Sticks

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 1.5 cups almonds finely chopped
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 3 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar white

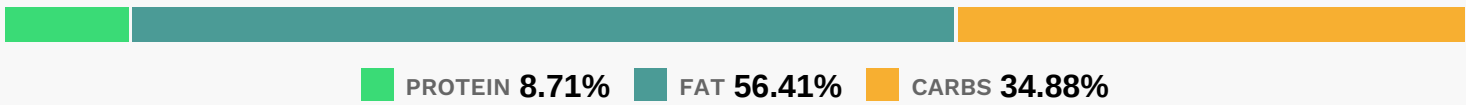
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the butter and 1/2 cup sugar until smooth. Stir in 1 egg and almond extract.
- ☐ Combine the salt and flour; stir into the sugar mixture with your hands until a smooth dough forms.
- ☐ Roll dough into log shaped pieces about 1/2 inch thick and 2 to 3 inches long. Dip each piece in the beaten eggs, then in remaining 1/2 cup sugar and then roll them in almonds.
- ☐ Place them 1 inch apart onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:7.75, Inflammation Score:-2, Nutrition Score:3.9856521863004%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 135.63kcal (6.78%), Fat: 8.66g (13.33%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 11.03g (4.01%), Sugar: 3.1g (3.44%), Cholesterol: 31.74mg (10.58%), Sodium: 63.94mg (2.78%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 3.01g (6.02%), Vitamin E: 1.73mg (11.53%), Manganese: 0.21mg (10.45%), Vitamin B2: 0.14mg (8.5%), Selenium: 5.36µg (7.65%), Vitamin B1: 0.1mg (6.42%), Folate: 24.17µg (6.04%), Phosphorus: 51.11mg (5.11%), Magnesium: 19.11mg (4.78%), Iron: 0.79mg (4.4%), Vitamin B3: 0.84mg (4.19%), Fiber: 1.03g (4.1%), Copper: 0.08mg (4.01%), Vitamin A: 184.04IU (3.68%), Zinc: 0.33mg (2.19%), Calcium: 21.89mg (2.19%), Potassium: 63.3mg (1.81%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.02mg (1.06%)