

Finska Kakor

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup blanched almonds and finely chopped
- 0.8 cup butter
- 1 egg white
- 2 cups flour all-purpose
- 1 tablespoon sugar white

Equipment

- baking sheet
- oven

Directions

- Mix butter and sugar thoroughly. Work in flour with hands. Chill dough.
- Preheat oven to 350 degrees F (180 degrees C).
- Roll dough to 1/4 inch thick.
- Cut in strips, 2 1/2 x 3/4 inch.
- Brush tops lightly with 1 egg white, slightly beaten.
- Sprinkle with mixture of 1 Tablespoon sugar and 1/3 cup finely chopped blanched almonds. Carefully transfer several at a time to ungreased baking sheet.
- Bake 17 to 20 minutes, or until a delicate brown.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:3.05, Inflammation Score:-1, Nutrition Score:1.1091304252977%

Nutrients (% of daily need)

Calories: 50.8kcal (2.54%), Fat: 3.39g (5.21%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.17g (1.51%), Sugar: 0.31g (0.34%), Cholesterol: 7.63mg (2.54%), Sodium: 24.12mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin B1: 0.04mg (2.85%), Selenium: 1.96µg (2.79%), Manganese: 0.05mg (2.58%), Folate: 10.09µg (2.52%), Vitamin B2: 0.04mg (2.11%), Vitamin E: 0.29mg (1.94%), Vitamin A: 88.7IU (1.77%), Vitamin B3: 0.34mg (1.7%), Iron: 0.27mg (1.51%), Phosphorus: 10.75mg (1.07%)