



Glazed Almond Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



96 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 48 almonds
- 0.8 cup blanched almonds and chopped
- 1 cup butter softened
- 2.7 cups cake flour sifted
- 2 egg whites
- 2 egg yolk
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract

1 cup granulated sugar white

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

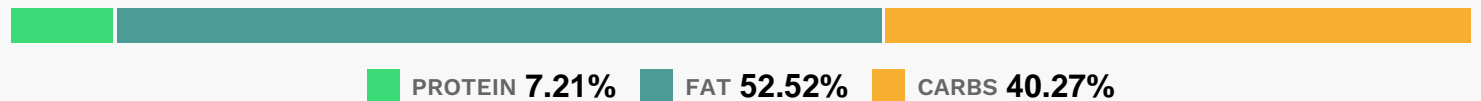
In a medium bowl, cream the butter and sugar until light. Beat in the almond and vanilla extracts and the egg yolks. Next, stir in the chopped almonds, flour and salt.

Roll the dough into 1 inch balls, dip the balls into the egg whites.

Place cookies 2 inches apart on the prepared cookie sheet. Press a whole almond into the top of the ball, flattening the cookie a little bit.

Bake for 8 to 10 minutes in the preheated oven, until edges start to brown.

Nutrition Facts



Properties

Glycemic Index:4.11, Glycemic Load:6.18, Inflammation Score:-1, Nutrition Score:1.7482608777025%

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: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 95.64kcal (4.78%), Fat: 5.69g (8.75%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.34g (4.82%), Cholesterol: 18.27mg (6.09%), Sodium: 57.64mg (2.51%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.76g (3.52%), Vitamin E: 0.88mg (5.84%), Manganese: 0.11mg (5.73%), Selenium: 3.6µg (5.15%), Vitamin A: 129.28IU (2.59%), Phosphorus: 25.19mg (2.52%), Magnesium: 9.95mg (2.49%), Vitamin B2: 0.04mg (2.43%), Copper: 0.04mg (2.21%), Fiber: 0.49g (1.94%), Folate: 4.98µg (1.24%),

Zinc: 0.17mg (1.14%), Calcium: 10.6mg (1.06%), Iron: 0.19mg (1.05%)