



Honey-Almond Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



49 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 0.3 cup almonds sliced chopped
- 0.5 teaspoon baking soda
- 1 large egg white
- 2 cups flour all-purpose
- 0.3 cup honey
- 0.1 teaspoon salt
- 0.3 cup stick margarine softened

- 0.3 cup sugar
- 1.5 teaspoons vanilla extract
- 2 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- oven
- knife
- blender
- plastic wrap
- measuring cup

Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and salt in a bowl.
- Combine sugar, honey, butter, and oil in a bowl; beat at medium speed of a mixer until well-blended.
- Add extracts and egg white to sugar mixture. Beat until well-blended. Stir in flour mixture (dough will be sticky).
- Coat hands lightly with cooking spray; divide dough into 2 equal portions. Shape each portion into a 9-inch log. Wrap logs individually in plastic wrap; freeze 3 hours or until firm.
- Preheat oven to 37
- Cut each log into 24 (1/4-inch) slices, and place 1 inch apart on baking sheets coated with cooking spray. Press almonds into cookies.
- Bake at 375 for 9 minutes. Cool 2 minutes or until firm.
- Remove cookies from pans; cool on wire racks.

Nutrition Facts



■ PROTEIN 5.93% ■ FAT 33.79% ■ CARBS 60.28%

Properties

Glycemic Index:4.32, Glycemic Load:4.86, Inflammation Score:-1, Nutrition Score:1.0260869479212%

Flavonoids

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

Nutrients (% of daily need)

Calories: 49.06kcal (2.45%), Fat: 1.85g (2.85%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 7.24g (2.63%), Sugar: 3.38g (3.76%), Cholesterol: 0mg (0%), Sodium: 30.45mg (1.32%), Alcohol: 0.07g (100%), Alcohol %: 0.75% (100%), Protein: 0.73g (1.47%), Vitamin B1: 0.04mg (2.8%), Selenium: 1.95µg (2.79%), Folate: 9.83µg (2.46%), Manganese: 0.05mg (2.45%), Vitamin B2: 0.04mg (2.12%), Vitamin B3: 0.33mg (1.65%), Iron: 0.27mg (1.51%), Vitamin E: 0.21mg (1.4%), Vitamin K: 1.06µg (1.01%)