



Iced Almond Leaf Cookies



Vegetarian

READY IN



180 min.

SERVINGS



42

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup granulated sugar
- ☐ 1 teaspoon vanilla
- ☐ 1.5 teaspoons almond extract
- ☐ 1 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 4 cups powdered sugar

- ☐ 6 tablespoons meringue powder
- ☐ 7 tablespoons water
- ☐ 1 serving purple gel food coloring red yellow

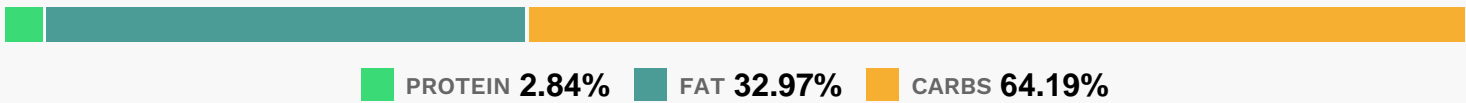
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In large bowl, beat butter and granulated sugar with electric mixer on medium speed 5 minutes or until light and fluffy. Beat in vanilla, 1/2 teaspoon of the almond extract and the egg. On low speed, gradually beat in flour and salt until blended. Wrap dough in plastic wrap; refrigerate 1 hour or until firm yet pliable.
- ☐ Heat oven to 350°F. On lightly floured surface, roll dough to 1/4-inch thickness.
- ☐ Cut with 3-inch leaf-shaped cutters. On ungreased cookie sheets, place cutouts 1 inch apart.
- ☐ Bake 12 to 14 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.
- ☐ In large bowl, beat powdered sugar, meringue powder, 6 tablespoons of the water and remaining 1 teaspoon almond extract with electric mixer on low speed until blended. Tint 1/2 cup icing with brown paste food color. Cover tightly with plastic wrap; set aside. Stir remaining 1 tablespoon water into remaining icing. Divide and tint with desired paste food colors. Pipe or spread frosting onto cookies. Use reserved brown icing to outline and decorate leaves.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:7.84, Inflammation Score:-1, Nutrition Score:1.5752173811197%

Nutrients (% of daily need)

Calories: 144.08kcal (7.2%), Fat: 5.28g (8.13%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 22.21g (8.08%), Sugar: 15.99g (17.77%), Cholesterol: 15.52mg (5.17%), Sodium: 64.51mg (2.8%), Alcohol: 0.08g (100%), Alcohol %: 0.29% (100%), Protein: 1.02g (2.05%), Selenium: 3.25µg (4.64%), Vitamin B1: 0.06mg (4.33%), Folate: 15.63µg (3.91%), Fiber: 0.93g (3.7%), Vitamin B2: 0.05mg (2.96%), Manganese: 0.06mg (2.87%), Vitamin A: 140.72IU (2.81%), Vitamin B3: 0.49mg (2.44%), Iron: 0.41mg (2.27%), Phosphorus: 12.23mg (1.22%)