



Italian Almond Cookies

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



73 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract pure
- 12 ounces blanched almonds and whole for garnishing
- 15 cherries
- 2 large egg whites at room temperature
- 0.3 teaspoon salt
- 0.7 cup sugar
- 0.3 teaspoon vanilla extract pure

Equipment

- food processor
- baking sheet
- baking paper
- oven
- whisk
- hand mixer

Directions

- Arrange racks in upper and lower thirds of oven and preheat to 350°F. Lightly oil 2 large baking sheets, then line with parchment paper.
- In food processor, combine 2 1/4 cups almonds and 1/3 cup sugar. Process until finely ground, scraping down sides once or twice. Set aside.
- In electric mixer fitted with whisk attachment, beat egg whites and salt at high speed until soft peaks form. Reduce speed to medium and gradually sprinkle in remaining 1/3 cup sugar. Return speed to high and beat mixture until stiff, shiny peaks form. Gently fold in ground almond mixture and almond and vanilla extracts.
- Roll mixture into 1-inch balls, place 2 inches apart on baking sheets, and flatten slightly. Top each with glacéed cherry or almond.
- Bake until cookies are golden, switching positions of pans halfway through, about 25 minutes. Cool on sheets 5 minutes, then transfer to racks to cool completely.
- Cookies keep, wrapped, several days, or frozen, several weeks. Recrisp in warm oven.

Nutrition Facts

PROTEIN 11.59% **FAT 57.56%** **CARBS 30.85%**

Properties

Glycemic Index:2.56, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:2.7465216842197%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.01mg,

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 73.31kcal (3.67%), Fat: 4.98g (7.67%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5g (1.82%), Sugar: 4.58g (5.09%), Cholesterol: 0mg (0%), Sodium: 21.03mg (0.91%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 2.26g (4.51%), Vitamin E: 2.25mg (14.98%), Manganese: 0.18mg (8.82%), Magnesium: 25.9mg (6.48%), Copper: 0.1mg (4.99%), Phosphorus: 46.43mg (4.64%), Vitamin B2: 0.08mg (4.54%), Fiber: 1.01g (4.02%), Calcium: 22.92mg (2.29%), Potassium: 72.86mg (2.08%), Zinc: 0.28mg (1.89%), Iron: 0.33mg (1.81%), Vitamin B3: 0.34mg (1.69%), Vitamin B1: 0.02mg (1.27%), Folate: 4.84µg (1.21%)