



Italian Almond Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



373 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 2.7 cups flour all-purpose
- ☐ 1 cup ground almonds
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 1 pinch salt
- ☐ 1 cup shortening
- ☐ 1 cup sugar white

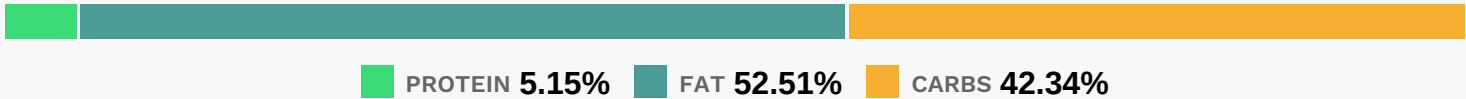
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees. Lightly grease a 9 inch square baking pan.
- ☐ Combine flour, almonds, and salt. Set aside.
- ☐ In a large bowl, cream vegetable shortening and sugar. Beat in lemon juice and brandy. Beat in lemon zest. Gradually blend in dry ingredients.
- ☐ Spread mixture evenly in prepared baking pan. DO NOT press down on the mixture.
- ☐ Bake for 50 to 60 minutes, until lightly colored on top. Cool in pan on a wire rack before cutting into large or small bars.

Nutrition Facts



Properties

Glycemic Index:13.34, Glycemic Load:26.97, Inflammation Score:-2, Nutrition Score:5.0178260699562%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 372.54kcal (18.63%), Fat: 22.04g (33.9%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 38.21g (13.89%), Sugar: 17.1g (19.01%), Cholesterol: 0mg (0%), Sodium: 4.68mg (0.2%), Alcohol: 0.42g (100%), Alcohol %: 0.71% (100%), Protein: 4.86g (9.72%), Vitamin B1: 0.22mg (14.82%), Selenium: 9.52µg (13.6%), Folate: 51.35µg (12.84%), Manganese: 0.19mg (9.53%), Iron: 1.67mg (9.25%), Vitamin K: 9.17µg (8.73%),

Vitamin B2: 0.14mg (8.29%), Vitamin B3: 1.64mg (8.22%), Vitamin E: 1.07mg (7.12%), Fiber: 1.76g (7.06%),
Phosphorus: 30.27mg (3.03%), Calcium: 24.48mg (2.45%), Vitamin B5: 0.24mg (2.42%), Copper: 0.04mg (2.1%),
Magnesium: 6.29mg (1.57%), Vitamin C: 1.18mg (1.43%), Zinc: 0.2mg (1.32%)