



Italian Pignoli Nut Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



36

CALORIES



161 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup granulated sugar
- 0.5 cup butter softened
- 8 oz almond paste crumbled canned
- 1 eggs
- 8 oz pinenuts
- 1 tablespoon powdered sugar

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Heat oven to 350°F. Line cookie sheet with cooking parchment paper. In large bowl, beat cookie mix, granulated sugar, butter, almond paste and egg with electric mixer on low speed until soft dough forms.
- For each cookie, shape 1 tablespoon dough into ball; roll in pine nuts, pressing to coat.
- Place balls 2 inches apart on cookie sheets.
- Bake 13 to 17 minutes or just until edges are light golden brown. Cool 5 minutes; remove from cookie sheets to cooling racks. Cool completely, about 15 minutes. Before serving, sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:1.94, Inflammation Score:-2, Nutrition Score:3.8173913359642%

Nutrients (% of daily need)

Calories: 161.37kcal (8.07%), Fat: 9.46g (14.56%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17.64g (6.41%), Sugar: 11.9g (13.22%), Cholesterol: 4.55mg (1.52%), Sodium: 71.56mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Manganese: 0.61mg (30.45%), Vitamin E: 1.55mg (10.33%), Magnesium: 24.24mg (6.06%), Copper: 0.11mg (5.64%), Phosphorus: 55.62mg (5.56%), Zinc: 0.52mg (3.44%), Vitamin K: 3.4µg (3.24%), Vitamin B2: 0.05mg (3.08%), Iron: 0.52mg (2.9%), Vitamin B1: 0.04mg (2.48%), Vitamin A: 121.2IU (2.42%), Folate: 9.55µg (2.39%), Fiber: 0.54g (2.14%), Vitamin B3: 0.42mg (2.11%), Potassium: 60.46mg (1.73%), Calcium: 13.5mg (1.35%)