



Italian Pignoli Nut Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



36

CALORIES



161 kcal

DESSERT

Ingredients

- 8 oz almond paste crumbled canned
- 0.5 cup butter softened
- 1 eggs
- 0.5 cup granulated sugar
- 8 oz pinenuts
- 1 tablespoon powdered sugar
- 1 pouch sugar cookie mix (1 lb 1.5 oz)

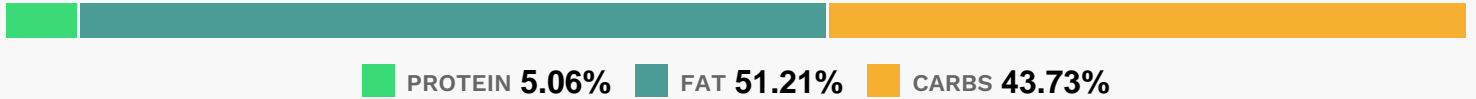
Equipment

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

Directions

- Heat oven to 350F. 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: 161.36kcal (8.07%), Fat: 9.46g (14.56%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.64g (6.41%), Sugar: 11.89g (13.22%), Cholesterol: 4.55mg (1.52%), Sodium: 71.55mg (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%)