



Jen's Almond Cardamom Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



36

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons almond paste
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 3 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.3 teaspoon lemon zest

- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

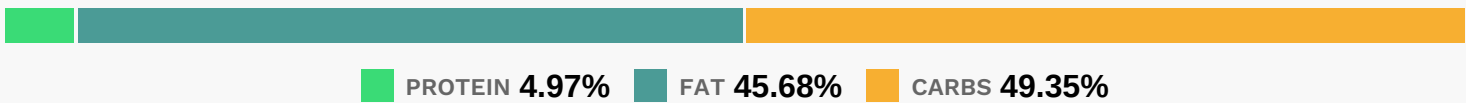
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets. Sift together the flour, baking powder, baking soda, salt and cardamom. Set aside.
- ☐ In a medium bowl, cream together the butter, sugar, cream cheese and almond paste until smooth. Beat in the egg, vanilla and lemon zest. Gradually blend in the dry ingredients until well mixed. Drop by spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:7.76, Inflammation Score:-1, Nutrition Score:1.5995652182433%

Nutrients (% of daily need)

Calories: 93.33kcal (4.67%), Fat: 4.79g (7.38%), Saturated Fat: 2.72g (17%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.4g (4.14%), Sugar: 6.16g (6.84%), Cholesterol: 15.97mg (5.32%), Sodium: 51.93mg (2.26%), Alcohol: 0.04g (100%), Alcohol %: 0.22% (100%), Protein: 1.17g (2.35%), Selenium: 3.06µg (4.38%), Vitamin B1: 0.06mg (3.79%), Folate: 14.6µg (3.65%), Manganese: 0.06mg (3.2%), Vitamin B2: 0.05mg (3.15%), Vitamin A: 143.39IU (2.87%), Vitamin B3: 0.43mg (2.17%), Iron: 0.38mg (2.11%), Vitamin E: 0.31mg (2.1%), Phosphorus: 18.15mg

(1.81%), Calcium: 10.74mg (1.07%), Fiber: 0.26g (1.03%)