

Kletskopjes

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose sifted
- ☐ 0.1 teaspoon salt

Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix together butter, flour, brown sugar, almonds and salt. Form the dough into marble-size balls.
- ☐ Place each ball on an ungreased cookie sheet 1-1/2 inches apart.
- ☐ Bake cookies for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:2.0069565371327%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.37kcal (6.12%), Fat: 5.37g (8.27%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 17.6g (6.4%), Sugar: 13.48g (14.98%), Cholesterol: 10.17mg (3.39%), Sodium: 46.5mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Vitamin E: 0.88mg (5.84%), Manganese: 0.11mg (5.62%), Vitamin B2: 0.06mg (3.61%), Vitamin B1: 0.05mg (3.15%), Selenium: 2.1µg (3%), Folate: 11.12µg (2.78%), Magnesium: 10.52mg (2.63%), Iron: 0.45mg (2.5%), Vitamin A: 118.21IU (2.36%), Copper: 0.04mg (2.23%), Phosphorus: 21.64mg (2.16%), Vitamin B3: 0.43mg (2.16%), Calcium: 21.35mg (2.14%), Fiber: 0.51g (2.05%), Potassium: 46.84mg (1.34%)