

Kourabiedes I

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup blanched almonds and finely chopped
- 2 tablespoons brandy
- 1 cup butter
- 0.3 cup confectioners' sugar for decoration
- 1 egg yolk
- 2 cups flour all-purpose sifted
- 0.5 teaspoon vanilla extract

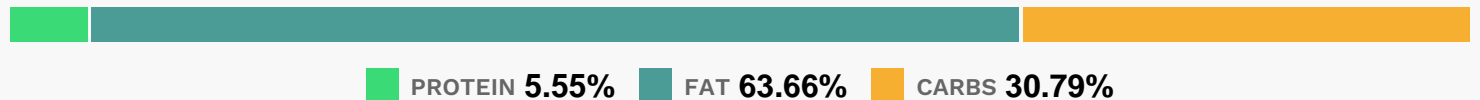
Equipment

- baking sheet
- oven

Directions

- Sift flour with baking powder. Set aside.
- Cream butter and gradually add sugar and beat until fluffy.
- Add egg yolk, brandy and vanilla. Beat again until very light. Stir in almonds.
- Blend in flour mixture, mix to form a soft, smooth dough. Chill 30 minutes or until it can be handled easily.
- Preheat oven to 325 degrees F (170 degrees C).
- Shape level tablespoonfuls of dough into crescent-shapes.
- Place 1 inch apart on ungreased cookie sheet. Insert whole clove into center of each.
- Bake for 25–30 minutes or until light...do not brown. Cool on rack. Dust generously with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:3.85, Inflammation Score:-2, Nutrition Score:1.7882608564004%

Nutrients (% of daily need)

Calories: 88.78kcal (4.44%), Fat: 6.23g (9.58%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.42g (2.33%), Sugar: 1.2g (1.33%), Cholesterol: 18.96mg (6.32%), Sodium: 47.18mg (2.05%), Alcohol: 0.3g (100%), Alcohol %: 2.15% (100%), Protein: 1.22g (2.44%), Manganese: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.94%), Selenium: 2.76µg (3.94%), Vitamin E: 0.58mg (3.84%), Folate: 14.48µg (3.62%), Vitamin A: 164.91IU (3.3%), Vitamin B2: 0.05mg (3.04%), Vitamin B3: 0.47mg (2.37%), Iron: 0.4mg (2.23%), Phosphorus: 20.57mg (2.06%), Magnesium: 6.35mg (1.59%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.43%), Calcium: 10.58mg (1.06%)