

Light Dreams

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup sugar white

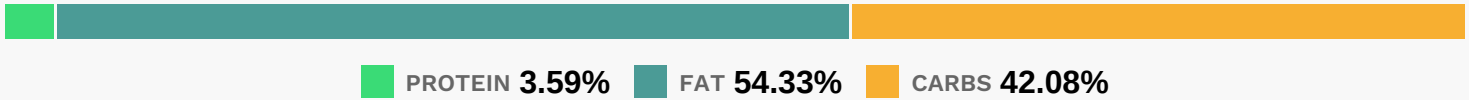
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Melt butter and let cool to room temperature. Cream with sugar until smooth and light yellow.
- ☐ Add almond extract and mix well. Sift flour and baking powder and add to mixture, mixing well. Knead dough lightly on board. Cover and refrigerate for one hour.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Roll dough into a log 1 inch in diameter.
- ☐ Cut off slices 1/3 to 1/2 inch thick.
- ☐ Roll slices into balls and place on cookie sheet 1 1/2 inches apart. Slightly dent the top of each with fingertip.
- ☐ Bake 25 to 30 minutes, or until light golden in color.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:3.22, Inflammation Score:-1, Nutrition Score:0.6217391361361%

Nutrients (% of daily need)

Calories: 42.72kcal (2.14%), Fat: 2.6g (4%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.43g (1.61%), Sugar: 1.87g (2.08%), Cholesterol: 6.78mg (2.26%), Sodium: 26.26mg (1.14%), Alcohol: 0.04g (100%), Alcohol %: 0.56% (100%), Protein: 0.39g (0.77%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.22µg (1.74%), Folate: 6.45µg (1.61%), Vitamin A: 78.79IU (1.58%), Manganese: 0.02mg (1.2%), Vitamin B2: 0.02mg (1.1%), Vitamin B3: 0.21mg (1.03%)