

Lucky Stars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon almond extract
- 1.5 teaspoons double-acting baking powder
- 1 tablespoon butter melted
- 1 eggs
- 1.3 cups flour all-purpose sifted
- 0.1 teaspoon maple extract flavored
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

- 1.3 cups ground walnuts
- 2 tablespoons water
- 0.3 cup sugar white

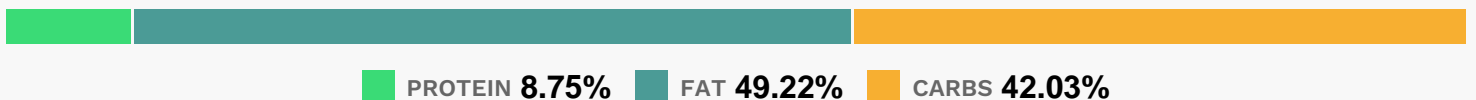
Equipment

- baking sheet
- oven
- cookie cutter

Directions

- Sift together 1 1/3 cups flour and 1 1/2 teaspoons double-acting baking powder. Set aside. Cream 1/4 cup butter or margarine. Gradually add 1/4 cup sugar, creaming well. Blend in 1 teaspoon vanilla, 1 teaspoon almond extract, 1/8 teaspoon salt and unbeaten egg. Gradually add the flour and baking soda mixture, mixing thoroughly.
- Combine 1 1/4 cups walnuts or pecans, ground or chopped very fine, 1/3 cup sugar and 1/16 teaspoon salt.
- Add 1 Tablespoon melted butter, 2 Tablespoons water and 1/16 teaspoon maple flavoring.
- Mix thoroughly.
- Roll out dough on a floured surface to 1/8-inch thickness.
- Cut with star-shaped cookie cutter.
- Place a teaspoonful of Nut Filling in the center of each star. Bring the 5 points upright; starting at the base, pinch sides together so points stand up, allowing filling to show.
- Place on ungreased baking sheet.
- Bake at 400 degrees F (200 degrees C) 7 to 10 minutes until light golden brown.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:2.6291304525474%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg

Nutrients (% of daily need)

Calories: 83.72kcal (4.19%), Fat: 4.7g (7.23%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.43g (3.07%), Sugar: 3g (3.33%), Cholesterol: 8.07mg (2.69%), Sodium: 45.35mg (1.97%), Alcohol: 0.11g (100%), Alcohol %: 0.72% (100%), Protein: 1.88g (3.76%), Manganese: 0.26mg (12.84%), Copper: 0.11mg (5.44%), Vitamin B1: 0.08mg (5.07%), Folate: 19.56µg (4.89%), Selenium: 3.24µg (4.63%), Phosphorus: 37.85mg (3.79%), Iron: 0.56mg (3.12%), Vitamin B2: 0.05mg (3.11%), Magnesium: 11.51mg (2.88%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.6g (2.39%), Calcium: 22.98mg (2.3%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.26mg (1.75%), Potassium: 37.58mg (1.07%)