



Make Ahead Almond Butter Sticks

READY IN



45 min.

SERVINGS



24

CALORIES



124 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 0.3 cup butter softened
- ☐ 2 cups make ahead cookie mix
- ☐ 6 ounces cream cheese
- ☐ 1 eggs separated
- ☐ 0.8 cup sugar white

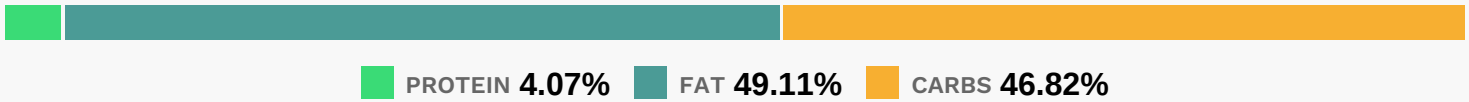
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix sugar and almond flavoring and set aside. In a separate bowl mix butter, cheese and egg yolk. Stir in Make Ahead Cookie
- ☐ Mix.
- ☐ Roll onto flat surface.
- ☐ Cut in half.
- ☐ Place 1 half on greased cookie sheet. Spoon on almond and sugar mix.
- ☐ Place 2nd half on top.
- ☐ Brush with slightly beaten egg white.
- ☐ Bake 22 – 30 minutes.
- ☐ Let cool at least 30 minutes.
- ☐ Cut into 1/2 inch strips.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:4.48, Inflammation Score:-1, Nutrition Score:1.0186956634988%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.1kcal (6.21%), Fat: 6.75g (10.39%), Saturated Fat: 3.3g (20.59%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 14.12g (5.13%), Sugar: 11.31g (12.56%), Cholesterol: 20.76mg (6.92%), Sodium: 55.73mg (2.42%), Alcohol: 0.11g (100%), Alcohol %: 0.49% (100%), Protein: 1.26g (2.52%), Vitamin A: 183.88IU (3.68%), Vitamin E: 0.4mg (2.66%), Vitamin B2: 0.04mg (2.41%), Selenium: 1.28µg (1.83%), Phosphorus: 16.6mg (1.66%), Fiber: 0.37g (1.5%), Manganese: 0.02mg (1.21%), Calcium: 11.34mg (1.13%)