



Mandelgebäck

READY IN



45 min.

SERVINGS



36

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 tablespoons butter
- 1 eggs
- 1.3 cups flour all-purpose
- 0.7 cup ground almonds
- 5 tablespoons any flavor fruit jam
- 2 teaspoons vanilla extract
- 0.5 cup sugar white

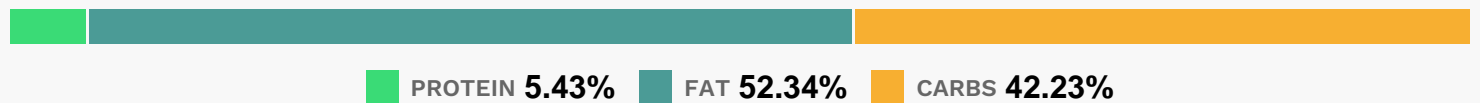
Equipment

oven

Directions

- Mix flour and butter or margarine.
- Separate egg.
- Add almonds, sugar, vanilla, and egg yolk to the flour mixture.
- Mix to dough consistency with hands.
- Cover and chill dough for 1 hour.
- Roll and cut into desired shapes.
- Brush with egg white.
- Bake at 350 degrees F (175 degrees C) until done.
- Let cool.
- Spread jam on half of the cookies and top with other half.

Nutrition Facts



Properties

Glycemic Index:6.95, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:1.0086956510077%

Nutrients (% of daily need)

Calories: 78.99kcal (3.95%), Fat: 4.67g (7.18%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 8.1g (2.95%), Sugar: 4.24g (4.71%), Cholesterol: 13.74mg (4.58%), Sodium: 30.27mg (1.32%), Alcohol: 0.08g (100%), Alcohol %: 0.55% (100%), Protein: 1.09g (2.18%), Selenium: 1.96µg (2.8%), Vitamin B1: 0.04mg (2.35%), Vitamin A: 113.5IU (2.27%), Folate: 8.95µg (2.24%), Vitamin B2: 0.03mg (1.84%), Iron: 0.32mg (1.76%), Manganese: 0.03mg (1.58%), Fiber: 0.37g (1.47%), Vitamin B3: 0.26mg (1.3%)