



Norwegian Pfeffernerse

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup almonds finely chopped
- ☐ 3 teaspoons bakers' ammonia
- ☐ 3.5 cups flour all-purpose
- ☐ 1 pound butter unsalted
- ☐ 3 cups sugar white

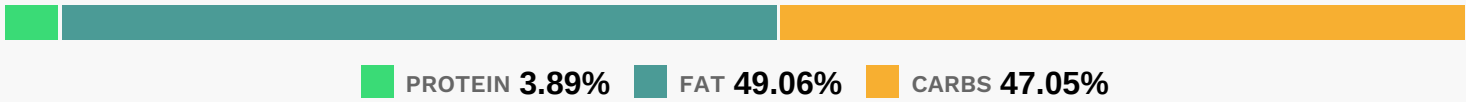
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ In a large bowl, cream the butter and sugar. Stir in the powdered ammonia and chopped almonds. Knead in the flour.
- ☐ Roll dough into 1 inch balls and freeze for 1 hour.
- ☐ preheat oven to 300 degrees F (150 degrees C). Take cookies out of the freezer and bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:11.13, Inflammation Score:-2, Nutrition Score:2.0969565309908%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 134.37kcal (6.72%), Fat: 7.5g (11.54%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.69g (5.71%), Sugar: 10.25g (11.39%), Cholesterol: 16.31mg (5.44%), Sodium: 1.32mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Vitamin E: 0.79mg (5.28%), Manganese: 0.1mg (5.25%), Vitamin B1: 0.06mg (4.18%), Vitamin B2: 0.07mg (4.02%), Selenium: 2.72µg (3.88%), Vitamin A: 189.02IU (3.78%), Folate: 14.64µg (3.66%), Vitamin B3: 0.52mg (2.61%), Iron: 0.43mg (2.41%), Phosphorus: 21.59mg (2.16%), Magnesium: 8.22mg (2.05%), Fiber: 0.5g (1.98%), Copper: 0.04mg (1.86%)