



Orange-Almond Lace Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon flour
- ☐ 1.5 cups almonds finely chopped
- ☐ 1 large eggs beaten to blend
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.8 cup butter unsalted ()

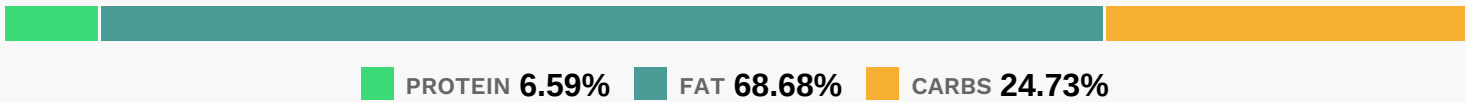
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 325°F. Line large baking sheet with parchment paper. Stir 3/4 cup butter in heavy medium saucepan over medium-low heat until melted.
- ☐ Remove from heat. Stir in nuts, sugar, flour, orange peel and salt; then stir in egg. Drop some batter by generous tablespoonfuls onto prepared baking sheet, spacing 3 inches apart (cookies will spread).
- ☐ Bake cookies until lacy and golden brown, about 15 minutes. Gently slide parchment paper with cookies onto rack; cool completely.
- ☐ Transfer cookies to paper towels. Repeat with remaining batter, lining cooled baking sheet with clean parchment for each batch. (Can be made ahead. Store between sheets of waxed paper in airtight container at room temperature up to 1 week or freeze up to 1 month.)

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:4.62, Inflammation Score:-2, Nutrition Score:3.3613043608873%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 130.95kcal (6.55%), Fat: 10.44g (16.05%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 8.45g (2.82%), Net Carbohydrates: 7.31g (2.66%), Sugar: 6.64g (7.38%), Cholesterol: 23mg (7.67%), Sodium: 52.35mg (2.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin E: 2.48mg (16.5%), Manganese: 0.21mg (10.38%), Vitamin B2: 0.12mg (6.86%), Magnesium: 24.63mg (6.16%), Phosphorus: 49.19mg (4.92%), Copper: 0.1mg (4.79%), Fiber: 1.14g (4.57%), Vitamin A: 189.31IU (3.79%), Calcium: 27.32mg (2.73%), Iron: 0.39mg (2.16%), Zinc: 0.32mg (2.1%), Potassium: 70.91mg (2.03%), Selenium: 1.22µg (1.75%), Vitamin B3: 0.35mg (1.74%), Vitamin B1: 0.02mg (1.48%), Folate: 5.75µg (1.44%)