



Pine Nut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



102 kcal

DESSERT

Ingredients

- 0.3 cup almond paste
- 1 teaspoon double-acting baking powder
- 6 tablespoons butter softened
- 1 large egg white
- 1 cup flour all-purpose
- 0.5 cup pinenuts divided
- 0.3 teaspoon salt
- 0.8 cup sugar

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup
- box grater

Directions

- Preheat oven to 37
- Grate almond paste on large holes of a box grater.
- Combine paste and next 4 ingredients (through egg white) in a large bowl; beat with a mixer at medium speed until light and fluffy (about 5 minutes).
- Place 1/4 cup pine nuts in a mini food processor; pulse until finely ground. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine ground nuts, flour, and baking powder, stirring with a whisk.
- Add flour mixture to butter mixture; beat on low speed just until combined.
- Stack two baking sheets one on top of the other, and line the top sheet with parchment paper. Shape dough into 48 equal-sized balls (about 1 tablespoon each). Press 3 to 5 of the remaining pine nuts in a sunburst shape on top of each ball.
- Place 12 balls 2 inches apart on the top baking sheet (keep sheets stacked).
- Bake 14 minutes or until edges of cookies are lightly browned. Cool 5 minutes on pan. Cool completely on a wire rack. Repeat procedure 4 times.

Nutrition Facts



■ PROTEIN 5.26% ■ FAT 48.72% ■ CARBS 46.02%

Properties

Glycemic Index:11.96, Glycemic Load:7.28, Inflammation Score:-1, Nutrition Score:2.5647826087054%

Nutrients (% of daily need)

Calories: 102.29kcal (5.11%), Fat: 5.71g (8.78%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.74g (4.27%), Sugar: 7.51g (8.34%), Cholesterol: 7.53mg (2.51%), Sodium: 67.18mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Manganese: 0.31mg (15.53%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.05mg (3.6%), Phosphorus: 34.63mg (3.46%), Folate: 12.95µg (3.24%), Selenium: 2.27µg (3.24%), Vitamin B2: 0.05mg (3.15%), Magnesium: 12.57mg (3.14%), Copper: 0.06mg (2.99%), Iron: 0.47mg (2.62%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.27mg (1.79%), Vitamin A: 88.28IU (1.77%), Calcium: 17.46mg (1.75%), Vitamin K: 1.78µg (1.69%), Fiber: 0.4g (1.59%), Potassium: 35.51mg (1.01%)