



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 whites
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup pinenuts divided
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar

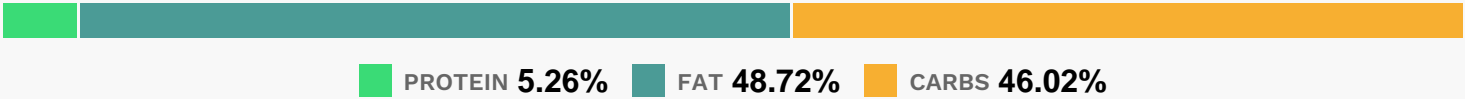
Equipment

- ☐ 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



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%), Selenium: 2.27µg (3.24%), Folate: 12.95µg (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%)