



## Poppy Seed-Almond Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



74 kcal

DESSERT

### Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons light-colored corn syrup
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons poppy seeds

☐ 1 cup sugar

Equipment

☐ baking sheet

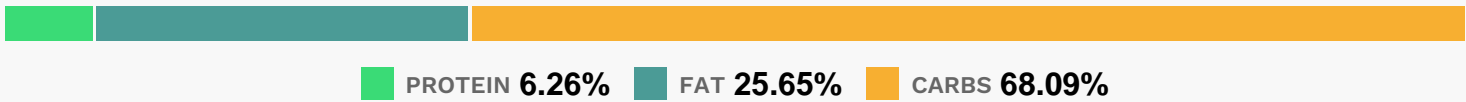
☐ oven

☐ blender

Directions

- ☐ Cream sugar and margarine at medium speed of a mixer until fluffy (about 3 minutes).
- ☐ Add corn syrup, extract, egg, and egg white; beat well.
- ☐ Combine flour, poppy seeds, and baking soda; stir.
- ☐ Add to creamed mixture, beating well.
- ☐ Drop dough by rounded tablespoons onto baking sheets coated with cooking spray.
- ☐ Bake at 350 for 10 minutes or until lightly browned; let cool on pans 1 minute.
- ☐ Remove from pans, and let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:8.37, Inflammation Score:-1, Nutrition Score:1.5556521567961%

Nutrients (% of daily need)

Calories: 73.68kcal (3.68%), Fat: 2.11g (3.25%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.32g (4.48%), Sugar: 6.55g (7.28%), Cholesterol: 4.55mg (1.52%), Sodium: 54.45mg (2.37%), Alcohol: 0.06g (100%), Alcohol %: 0.37% (100%), Protein: 1.16g (2.32%), Selenium: 3.3µg (4.71%), Vitamin B1: 0.07mg (4.47%), Manganese: 0.09mg (4.39%), Folate: 15.34µg (3.83%), Vitamin B2: 0.05mg (2.96%), Iron: 0.44mg (2.42%), Vitamin B3: 0.47mg (2.34%), Vitamin A: 81.78IU (1.64%), Phosphorus: 15.83mg (1.58%), Fiber: 0.31g (1.23%), Copper: 0.02mg (1.05%)