



Quaresimali (Lenten Almond Biscuits)

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups almonds
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons milk
- ☐ 3 tablespoons butter unsalted

☐ 1 cup sugar white

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ skewers

Directions

☐ Pre-heat oven to 375 degrees F (190 degrees C).

☐ Toast almonds in jelly roll pan for 10 minutes.

☐ Let cool. Grind finely 1/4 of the almonds, mix with 1/4 cup of the granulated sugar and set aside.

☐ Grind coarsely the remaining 3/4 almonds and set aside. In a large bowl stir together flour, remaining 3/4 cup sugar, brown sugar, cinnamon and baking powder.

☐ Add the butter and stir until all ingredients are combined.

☐ Stir in coarsely ground almonds and the 2 of the eggs, then knead the dough in the bowl until all ingredients are combined. Divide dough in half.

☐ Form each half into a rectangle 15 X 4 inches.

☐ Transfer rectangles to baking sheets which have been buttered and floured.

☐ Brush rectangles well with 1 egg combined with 2 tablespoons of milk.

☐ Sprinkle with reserved almond/sugar mixture.

☐ Bake them in the upper third of the oven (375 degrees F - 190 degrees C) for 20-25 minutes or until golden brown and skewer comes out clean.

☐ Cut rectangles crosswise into slices 3/4 inch thick.

☐ Let stand 15 minutes in the turned-off oven.

☐ Transfer to racks and let cool thoroughly. Store airtight.

Nutrition Facts



 **PROTEIN 9.42%**  **FAT 41.53%**  **CARBS 49.05%**

Properties

Glycemic Index:8.06, Glycemic Load:7.86, Inflammation Score:-2, Nutrition Score:5.2530434416688%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 153.19kcal (7.66%), Fat: 7.35g (11.31%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 17.84g (6.49%), Sugar: 12.06g (13.41%), Cholesterol: 16.25mg (5.42%), Sodium: 19.46mg (0.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin E: 3.12mg (20.81%), Manganese: 0.33mg (16.73%), Vitamin B2: 0.19mg (11.15%), Magnesium: 34.88mg (8.72%), Phosphorus: 75.92mg (7.59%), Copper: 0.14mg (6.95%), Fiber: 1.71g (6.83%), Selenium: 4.1µg (5.86%), Vitamin B1: 0.08mg (5.4%), Iron: 0.89mg (4.95%), Folate: 19.77µg (4.94%), Calcium: 48.67mg (4.87%), Vitamin B3: 0.85mg (4.26%), Zinc: 0.48mg (3.17%), Potassium: 109.87mg (3.14%), Vitamin B5: 0.16mg (1.55%), Vitamin B6: 0.03mg (1.44%), Vitamin A: 50.59IU (1.01%)