



Sandbakelser

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup butter softened
- 1 egg yolk
- 1.8 cups flour all-purpose
- 3 tablespoons water
- 0.5 cup sugar white

Equipment

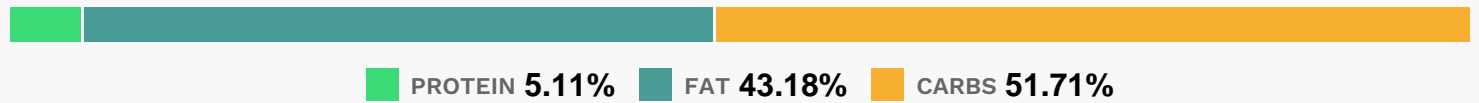
- bowl

- oven
- wire rack

Directions

- In a medium bowl, stir together the flour and sugar.
- Cut in butter until a mealy consistency is reached.
- Add water, almond extract, and egg yolk; mix by hand and knead into a smooth ball. Wrap and refrigerate dough for up to 1 hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Roll pieces of dough into 1 inch balls and press down into the cookie molds or small tart molds. Press so dough is all of the way up the side of the molds, then prick with a fork to keep them from puffing up and deforming during baking.
- Bake cookies for 15 to 20 minutes, until golden brown. Cool cookies in molds on a wire rack for 10 minutes before carefully removing to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:5.29, Inflammation Score:-1, Nutrition Score:1.0504347824532%

Nutrients (% of daily need)

Calories: 57.19kcal (2.86%), Fat: 2.76g (4.24%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 7.27g (2.64%), Sugar: 2.8g (3.11%), Cholesterol: 12.18mg (4.06%), Sodium: 20.73mg (0.9%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.73g (1.47%), Selenium: 2.39µg (3.41%), Vitamin B1: 0.05mg (3.25%), Folate: 11.94µg (2.99%), Manganese: 0.04mg (2.1%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.36mg (1.8%), Vitamin A: 86IU (1.72%), Iron: 0.3mg (1.65%)