



Sandbakelser I

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 almonds raw
- 0.3 cup blanched almonds and
- 0.8 cup butter
- 1 egg white
- 1.8 cups flour all-purpose
- 0.8 cup sugar white

Equipment

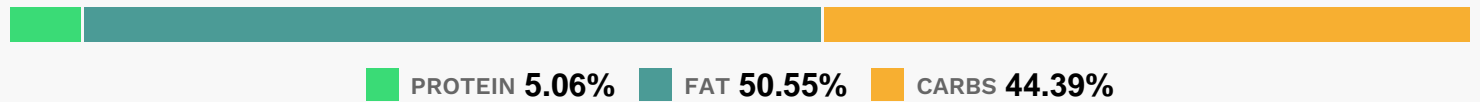
- food processor

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Finely grind the almonds in a food processor.
- In a medium bowl, cream the butter and sugar together.
- Mix in ground almonds and egg white. Stir in the flour.
- Roll dough into 1 inch balls and press into the sandbakelse molds to form a thin coating.
- Place molds on a baking sheet and bake for 12 to 15 minutes. Cool slightly before removing from molds. Gently tapping the molds on the counter will help to loosen the cookies.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:1.2004347767519%

Nutrients (% of daily need)

Calories: 68.55kcal (3.43%), Fat: 3.92g (6.03%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 7.49g (2.73%), Sugar: 3.64g (4.04%), Cholesterol: 8.72mg (2.91%), Sodium: 27.58mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Vitamin B1: 0.04mg (2.88%), Selenium: 2.01µg (2.87%), Manganese: 0.06mg (2.81%), Folate: 10.21µg (2.55%), Vitamin E: 0.36mg (2.38%), Vitamin B2: 0.04mg (2.3%), Vitamin A: 101.37IU (2.03%), Vitamin B3: 0.35mg (1.74%), Iron: 0.28mg (1.56%), Phosphorus: 11.93mg (1.19%), Magnesium: 4.22mg (1.06%)