



Scandinavian Almond Bars

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup almonds sliced
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 1 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup milk

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white

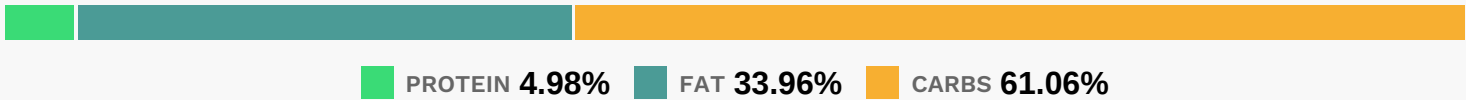
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In a medium bowl, cream butter and sugar.
- ☐ Add egg and almond extract; mix until fluffy. Stir in flour, baking powder and salt; mix well.
- ☐ Divide dough into 4 pieces, and roll each one into a log about 12 inches long.
- ☐ Place 2 logs per cookie sheet 4 to 5 inches apart. Flatten each roll by hand until it is about 3 inches wide.
- ☐ Brush flattened roll with milk and sprinkle with sliced almonds.
- ☐ Bake in preheated oven 12 to 15 minutes or until edges are slightly browned. While the cookies are still warm, cut them crosswise at a diagonal, into slices about 1 inch wide. When cool, drizzle with almond icing.
- ☐ Almond icing: In a small bowl, stir together powdered sugar, almond extract, and milk until smooth.
- ☐ Drizzle over the cookies.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:1.2143478276937%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 67.08kcal (3.35%), Fat: 2.58g (3.97%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 10.2g (3.71%), Sugar: 6.73g (7.47%), Cholesterol: 8.65mg (2.88%), Sodium: 46.96mg (2.04%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 0.85g (1.7%), Selenium: 1.95µg (2.79%), Manganese: 0.05mg (2.68%), Vitamin B1: 0.04mg (2.6%), Vitamin B2: 0.04mg (2.44%), Folate: 9.26µg (2.32%), Vitamin E: 0.31mg (2.09%), Phosphorus: 16.85mg (1.69%), Iron: 0.29mg (1.59%), Calcium: 15.78mg (1.58%), Vitamin B3: 0.31mg (1.53%), Vitamin A: 66.11IU (1.32%)