



Scandinavian Almond Cookies

READY IN



140 min.

SERVINGS



30

CALORIES



132 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 2 tablespoons flour all-purpose
- 1 teaspoon almond extract
- 1.5 teaspoons milk
- 0.8 cup almonds sliced
- 1 cup powdered sugar
- 0.3 teaspoon almond extract

- 5 teaspoons milk
- 3 tablespoons almonds sliced

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- wire rack

Directions

- Heat oven to 375°F. Line 2 large cookie sheets with cooking parchment paper; spray with cooking spray. In large bowl, mix cookie mix, softened butter, egg, flour and 1 teaspoon almond extract until dough forms.
- Divide dough into 3 pieces.
- Place 2 dough pieces on first cookie sheet. Press each piece into 12x2 1/2-inch rectangle, leaving 4 inches between rectangles.
- Place remaining piece of dough on second cookie sheet, and repeat shaping.
- Brush each rectangle with 1/2 teaspoon milk; sprinkle with 1/4 cup almonds. Press almonds lightly into tops of dough.
- Bake one cookie sheet at a time 10 to 12 minutes or until edges are golden brown (center will look soft). Cool 1 minute. Using sharp knife, cut each log into 1-inch diagonal slices, making sure to cut completely through almond slices while cutting.
- Remove from cookie sheet to cooling rack, leaving slices on parchment paper. Cool completely, about 30 minutes.
- In small bowl, stir powdered sugar, 1/4 teaspoon almond extract and 5 to 6 teaspoons milk until desired consistency.
- Drizzle over cookies; sprinkle 3 tablespoons almonds over tops.
- Let stand about 1 hour or until glaze is set. Store loosely covered at room temperature up to 2 days.

Nutrition Facts

PROTEIN 4.78% FAT 39.03% CARBS 56.19%

Properties

Glycemic Index:7.37, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.5226086922314%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 131.82kcal (6.59%), Fat: 5.79g (8.9%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 18.32g (6.66%), Sugar: 11.81g (13.12%), Cholesterol: 13.72mg (4.57%), Sodium: 74.21mg (3.23%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.59g (3.19%), Vitamin E: 0.95mg (6.33%), Manganese: 0.08mg (3.99%), Vitamin B2: 0.06mg (3.3%), Magnesium: 9.42mg (2.36%), Phosphorus: 21.33mg (2.13%), Vitamin A: 104.25IU (2.09%), Copper: 0.04mg (1.81%), Fiber: 0.43g (1.7%), Vitamin B1: 0.02mg (1.47%), Folate: 5.82µg (1.45%), Iron: 0.23mg (1.3%), Calcium: 12.07mg (1.21%), Selenium: 0.84µg (1.2%), Vitamin B3: 0.22mg (1.1%)