



Scandinavian Almond Cookies

READY IN



80 min.

SERVINGS



30

CALORIES



125 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 teaspoon almond extract
- 1 cup almonds sliced
- 2 tablespoons almonds sliced
- 0.3 cup butter softened
- 1 eggs
- 2 tablespoons flour all-purpose
- 3 teaspoons milk
- 5 teaspoons milk

- 1 cup powdered sugar
- 1 pouch sugar cookie mix (1 lb 1.5 oz)

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375F. In large bowl, stir cookie mix, butter, egg, flour and 1 teaspoon almond extract until dough forms. Divide dough into 3 equal parts; place on ungreased cookie sheets. Press each into 12x3-inch rectangle.
- Brush each rectangle with 1 teaspoon milk; sprinkle with 1/3 cup almonds.
- Bake 10 to 12 minutes or until edges are light golden brown. Cool 1 minute; cut into 1-inch diagonal slices.
- Remove from cookie sheet to wire rack. 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 with 2 tablespoons almonds.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:1.617826067883%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg 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: 125.42kcal (6.27%), Fat: 4.99g (7.67%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 18.37g (6.68%), Sugar: 11.84g (13.15%), Cholesterol: 11.04mg (3.68%), Sodium: 66.19mg (2.88%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 1.68g (3.37%), Vitamin E: 1.03mg (6.87%), Manganese: 0.09mg (4.49%), Vitamin B2: 0.06mg (3.59%), Magnesium: 10.6mg (2.65%), Phosphorus: 23.36mg (2.34%), Copper: 0.04mg (2.03%), Fiber: 0.48g (1.92%), Vitamin B1: 0.02mg (1.53%), Folate: 5.97µg (1.49%), Vitamin A: 73.15IU (1.46%), Iron: 0.25mg (1.39%), Calcium: 13.24mg (1.32%), Selenium: 0.85µg (1.21%), Vitamin B3: 0.24mg (1.18%)