



Sesame Sweets

READY IN



45 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter chilled cut into small pieces
- 7 ounces cake flour sifted
- 3 tablespoons granulated sugar
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground ginger
- 0.1 teaspoon nutmeg
- 2.5 tablespoons honey
- 4 tablespoons water

- 2 tablespoons powdered sugar
- 0.3 teaspoon salt
- 2 tablespoons sesame seed toasted
- 0.3 cup slivered almonds toasted

Equipment

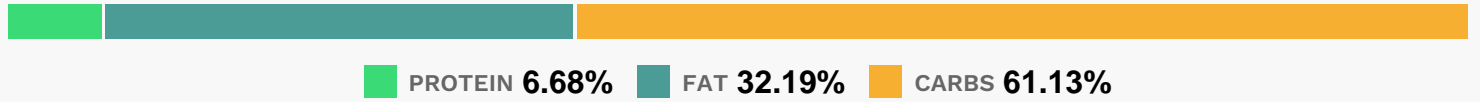
- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- knife
- wire rack
- measuring cup

Directions

- Preheat oven to 32
- To prepare filling, combine first 7 ingredients in a food processor; pulse 6 times or until combined and almonds are finely chopped.
- Remove almond mixture from food processor; set aside. Wipe processor bowl and blade with a paper towel.
- To prepare dough, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, granulated sugar, and salt in a food processor; pulse 3 times.
- Add butter; pulse 4 times or just until combined.
- Add ice water, 1 tablespoon at a time, pulsing just until combined. (
- Mixture may appear crumbly but will stick together when pressed between fingers.)
- Shape dough into 24 balls.

- Place dough 2 inches apart on a baking sheet coated with cooking spray. Press thumb in center of each ball to form an indentation. Fill each indentation with about 1 teaspoon almond mixture.
- Bake at 325 for 20 minutes or until set.
- Remove from pan, and cool completely on a wire rack.
- Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:14.97, Glycemic Load:5.91, Inflammation Score:-1, Nutrition Score:1.4547825907559%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg 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: 81.05kcal (4.05%), Fat: 2.96g (4.55%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 12.21g (4.44%), Sugar: 6.25g (6.94%), Cholesterol: 5.08mg (1.69%), Sodium: 40.57mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 0.12mg (6.2%), Selenium: 3.65µg (5.22%), Copper: 0.06mg (2.83%), Vitamin E: 0.38mg (2.52%), Magnesium: 7.88mg (1.97%), Phosphorus: 18.47mg (1.85%), Fiber: 0.43g (1.73%), Iron: 0.25mg (1.38%), Calcium: 13.6mg (1.36%), Vitamin B2: 0.02mg (1.27%), Vitamin A: 59.34IU (1.19%), Zinc: 0.17mg (1.12%)