



## Slice-and-Bake Almond Shortbread

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3745 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 cup almonds toasted finely chopped
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

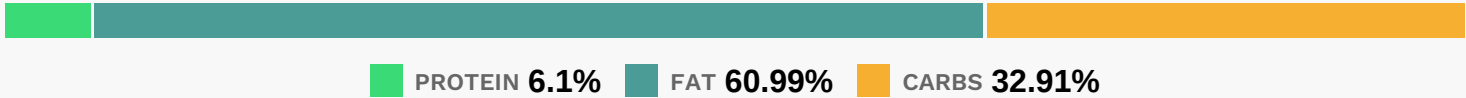
# Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

# Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating until mixture is smooth. Stir in almonds and extracts.
- ☐ Stir together flour, baking powder, and salt. Gradually add to butter mixture, beating at low speed until blended.
- ☐ Shape dough into 3 (10-inch) logs; wrap logs separately in wax paper, and chill 4 hours.
- ☐ Cut each log into 28 slices, and place slices 1 inch apart on lightly greased baking sheets.
- ☐ Bake at 350 for 10 to 12 minutes or until edges are golden. Cool on wire racks.

# Nutrition Facts



# Properties

Glycemic Index:227, Glycemic Load:139.64, Inflammation Score:-10, Nutrition Score:64.371739242388%

# Flavonoids

Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg, Cyanidin: 3.52mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg, Epigallocatechin: 3.7mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

# Nutrients (% of daily need)

Calories: 3744.99kcal (187.25%), Fat: 257.91g (396.78%), Saturated Fat: 122.5g (765.63%), Carbohydrates: 313.16g (104.39%), Net Carbohydrates: 288.53g (104.92%), Sugar: 96.32g (107.02%), Cholesterol: 488.05mg (162.68%),

Sodium: 1865.43mg (81.11%), Alcohol: 3.44g (100%), Alcohol %: 0.6% (100%), Protein: 58.08g (116.15%), Vitamin E: 42.02mg (280.16%), Manganese: 5mg (250%), Vitamin B2: 2.97mg (174.65%), Vitamin B1: 2.27mg (151.21%), Selenium: 93.43µg (133.47%), Folate: 527.23µg (131.81%), Vitamin A: 5674.16IU (113.48%), Magnesium: 447.12mg (111.78%), Phosphorus: 1034.82mg (103.48%), Vitamin B3: 20.07mg (100.37%), Fiber: 24.63g (98.51%), Iron: 17.13mg (95.16%), Copper: 1.85mg (92.34%), Calcium: 537.59mg (53.76%), Zinc: 6.44mg (42.91%), Potassium: 1387.03mg (39.63%), Vitamin B5: 2.02mg (20.19%), Vitamin K: 16.64µg (15.85%), Vitamin B6: 0.32mg (15.77%), Vitamin B12: 0.39µg (6.43%)