



Snappy Almond Stars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup brown sugar dark packed
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup butter light
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water cold

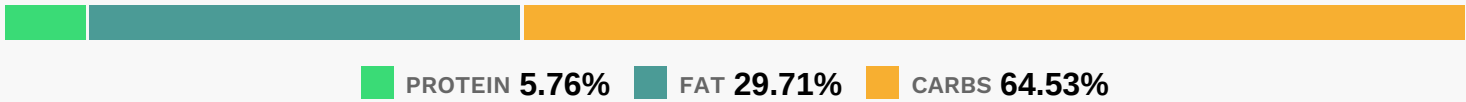
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 37
- ☐ Beat sugar and butter at medium speed of a mixer until well-blended (about 5 minutes).
- ☐ Add water; beat well.
- ☐ Combine the flour, cornstarch, cinnamon, and salt.
- ☐ Add to sugar mixture; beat until well-blended. Gently press dough into a 4-inch disk; wrap in plastic wrap. Freeze 30 minutes.
- ☐ Remove plastic wrap.
- ☐ Roll to a 1/16-inch thickness on a lightly floured surface; cut with a 2-inch star cutter.
- ☐ Place the cookies on a baking sheet; top with almonds.
- ☐ Bake at 375 for 8 minutes or until cookies are crisp and edges are browned. Cool 30 seconds on pan.
- ☐ Remove from pan; cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:0.59826087392867%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg,

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Nutrients (% of daily need)

Calories: 28.52kcal (1.43%), Fat: 0.95g (1.47%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.25g (2.5%), Cholesterol: 1.33mg (0.44%), Sodium: 7.25mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Manganese: 0.03mg (1.7%), Vitamin B1: 0.02mg (1.44%), Selenium: 0.95µg (1.36%), Folate: 5.01µg (1.25%), Vitamin B2: 0.02mg (1.13%)