

Speculaas

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon anise seeds crushed
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup blanched almonds and whole
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 cup butter softened
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves

- ☐ 2 tablespoons milk
- ☐ 1 teaspoon nutmeg grated
- ☐ 2 teaspoons orange rind grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

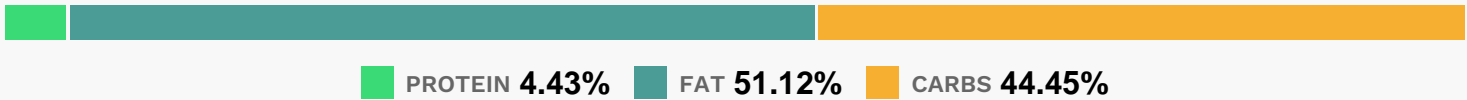
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Cream butter in a large mixing bowl; add sugar, and beat until light and fluffy.
- ☐ Add milk and orange rind; beat until well blended.
- ☐ Sift together remaining ingredients, except almonds, in a medium mixing bowl. Gradually add to creamed mixture, beating well. (Use additional milk, if necessary.)
- ☐ Divide dough in half; press each portion to 1/2-inch thickness on a greased cookie sheet.
- ☐ Cut each portion into 10 rectangles, and press 4 almonds into each rectangle. (Wooden cookie molds may be used to press dough into assorted shapes, omitting almonds.)
- ☐ Preheat oven to 425 for 7 minutes; reduce heat to 325, and bake cookies for 25 minutes. Cool slightly on cookie sheets.
- ☐ Remove to wire racks to cool completely. Break cookies apart, and store in airtight containers.

Nutrition Facts



Properties

Glycemic Index:15.29, Glycemic Load:5.93, Inflammation Score:-2, Nutrition Score:3.2021739495837%

Nutrients (% of daily need)

Calories: 158.73kcal (7.94%), Fat: 9.23g (14.2%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.27g (6.28%), Sugar: 9.14g (10.15%), Cholesterol: 20.49mg (6.83%), Sodium: 166.19mg (7.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Manganese: 0.22mg (10.84%), Vitamin B1: 0.09mg (5.92%), Vitamin E: 0.86mg (5.71%), Selenium: 3.86µg (5.52%), Calcium: 53.01mg (5.3%), Folate: 20.87µg (5.22%), Vitamin A: 240.76IU (4.82%), Vitamin B2: 0.08mg (4.44%), Iron: 0.75mg (4.15%), Phosphorus: 39.35mg (3.93%), Vitamin B3: 0.73mg (3.65%), Fiber: 0.78g (3.13%), Magnesium: 11.21mg (2.8%), Copper: 0.05mg (2.47%), Potassium: 48.41mg (1.38%), Zinc: 0.18mg (1.19%)