



## Spiced Almond Cookies

READY IN



30 min.

SERVINGS



84

CALORIES



80 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 0.5 cup shortening
- 1 cup brown sugar packed
- 1 cup sugar
- 2 large eggs
- 4 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon salt

- 1 teaspoon ground cloves
- 1 teaspoon allspice
- 1 cup slivered almonds

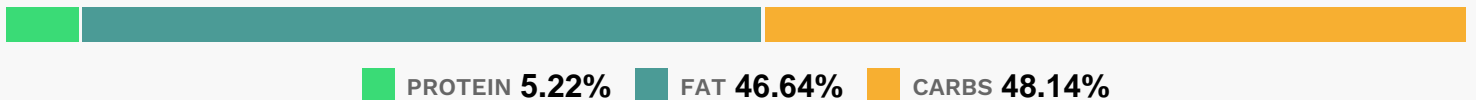
## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a bowl, cream butter, shortening and sugars until light and fluffy.
- Add eggs and beat well.
- Combine dry ingredients; stir into creamed mixture along with nuts. Shape into three 9x1-1/2-in. rolls; wrap in plastic. Refrigerate 2-3 days for spices to blend.
- Preheat oven to 350&deg;. Unwrap and cut into 1/4-in. slices.
- Place 2 in. apart on ungreased baking sheets.
- Bake 12-14 minutes or until set.
- Remove to wire racks.

## Nutrition Facts



## Properties

Glycemic Index:2.68, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:1.5943478181472%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 80.34kcal (4.02%), Fat: 4.24g (6.52%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 9.48g (3.45%), Sugar: 5g (5.55%), Cholesterol: 10.24mg (3.41%), Sodium: 60.81mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Manganese: 0.1mg (4.77%), Selenium: 2.51µg (3.59%), Vitamin B1: 0.05mg (3.35%), Vitamin E: 0.49mg (3.24%), Folate: 12.14µg (3.04%), Vitamin B2: 0.05mg (3%), Iron: 0.37mg (2.08%), Vitamin B3: 0.4mg (2.02%), Phosphorus: 15.81mg (1.58%), Vitamin A: 74.28IU (1.49%), Fiber: 0.36g (1.44%), Magnesium: 5.34mg (1.33%), Copper: 0.02mg (1.22%)