

Spritz Cookies IV

READY IN



45 min.

SERVINGS



48

CALORIES



78 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter
- ☐ 3 cups cake flour
- ☐ 3 egg yolks
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar white

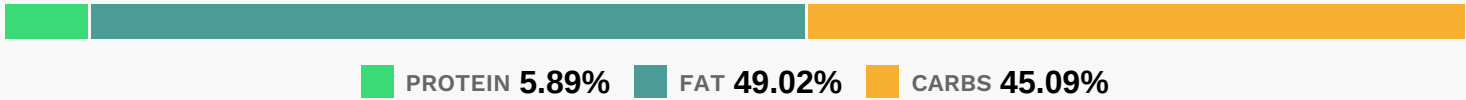
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Cream together the butter and the sugar.
- ☐ Add the 3 beaten egg yolks and one teaspoon of almond extract.
- ☐ Mix until well blended.
- ☐ In a separate bowl, mix together the flour, baking powder and salt. Gradually sift into the butter mixture and stir well.
- ☐ Chill until firm (2 – 3 hours).
- ☐ Using a cookie press, press out cookies onto a cookie sheet.
- ☐ Bake for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:5.86, Inflammation Score:-1, Nutrition Score:1.007826084676%

Nutrients (% of daily need)

Calories: 78.03kcal (3.9%), Fat: 4.27g (6.57%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.66g (3.15%), Sugar: 3.16g (3.51%), Cholesterol: 22.32mg (7.44%), Sodium: 47.67mg (2.07%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 1.16g (2.31%), Selenium: 3.8µg (5.43%), Manganese: 0.06mg (3.14%), Vitamin A: 134.56IU (2.69%), Phosphorus: 14.02mg (1.4%), Vitamin E: 0.17mg (1.13%), Folate: 4.36µg (1.09%)