

Spritz Cookies V

 Vegetarian

READY IN



35 min.

SERVINGS



72

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 2 cups butter softened
- ☐ 1 cup cornstarch
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

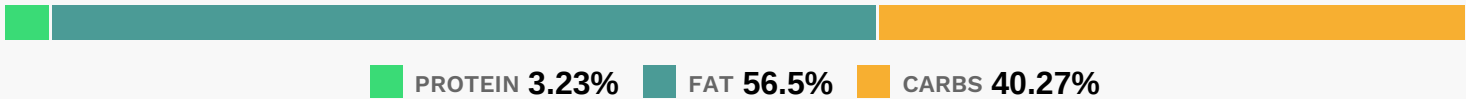
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the egg, then stir in the vanilla and almond extracts.
- ☐ Combine the flour and cornstarch; stir into the creamed mixture until well blended. Fill cookie press and press out dough onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, until edges are golden.
- ☐ Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:4.82, Inflammation Score:-1, Nutrition Score:1.0317391325598%

Nutrients (% of daily need)

Calories: 82.99kcal (4.15%), Fat: 5.23g (8.05%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 8.24g (3%), Sugar: 2.81g (3.13%), Cholesterol: 15.83mg (5.28%), Sodium: 41.72mg (1.81%), Alcohol: 0.06g (100%), Alcohol %: 0.43% (100%), Protein: 0.67g (1.35%), Vitamin A: 160.88IU (3.22%), Selenium: 2.08µg (2.98%), Vitamin B1: 0.04mg (2.76%), Folate: 10.01µg (2.5%), Manganese: 0.04mg (1.86%), Vitamin B2: 0.03mg (1.84%), Vitamin B3: 0.31mg (1.56%), Iron: 0.26mg (1.46%), Vitamin E: 0.16mg (1.04%)