



Supercharged Cherry-Almond Cookies

 Vegetarian

READY IN



10 min.

SERVINGS



100

CALORIES



26 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract pure
- ☐ 1 cup almond flour
- ☐ 0.8 cup natural almonds sliced
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup cherries dried
- ☐ 1 large eggs
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon sea salt

- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 cup flour whole-wheat

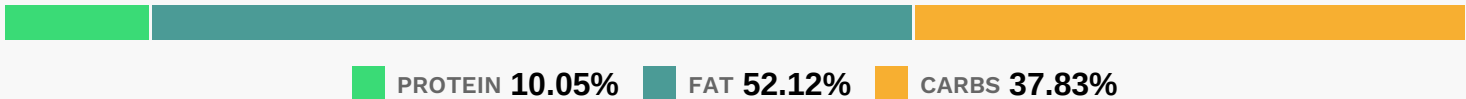
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Line 3 baking sheets with parchment paper.
- ☐ In a medium bowl, combine whole-wheat flour, almond flour, salt, and baking soda. In a large bowl, beat butter with sugar until creamy; beat in egg, applesauce, and almond extract. Stir in dry ingredients until combined, then stir in cherries and almonds.
- ☐ Spoon dough by heaping teaspoons onto prepared baking sheets, 2 inches apart.
- ☐ Bake 15 minutes, until golden. Cool on pans 2 minutes; transfer to wire racks.

Nutrition Facts



Properties

Glycemic Index:0.32, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.79695651971776%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

0.04mg

Nutrients (% of daily need)

Calories: 26.49kcal (1.32%), Fat: 1.62g (2.5%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.35g (1.5%), Cholesterol: 3.06mg (1.02%), Sodium: 15.49mg (0.67%), Alcohol: 0.01g (100%), Alcohol %: 0.12% (100%), Protein: 0.7g (1.41%), Manganese: 0.08mg (3.76%), Vitamin E: 0.3mg (2.02%), Fiber: 0.41g (1.64%), Selenium: 0.96µg (1.37%), Magnesium: 4.84mg (1.21%), Phosphorus: 10.86mg (1.09%), Vitamin B2: 0.02mg (1.01%)