



Swedish Almond Cardamom Stars

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond paste crumbled
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 3 tablespoons canola oil
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cardamom
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 0.3 cup orange juice fresh

- ☐ 1 cup powdered sugar
- ☐ 2 cups powdered sugar
- ☐ 0.3 teaspoon salt

Equipment

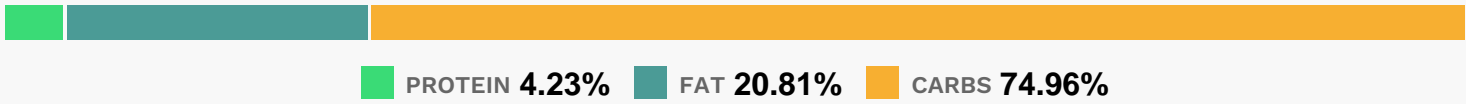
- ☐ food processor
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ measuring cup

Directions

- ☐ To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1 cup sugar, baking soda, cardamom, and salt in a food processor; process until blended.
- ☐ Add almond paste and butter; process until blended.
- ☐ Combine juice and oil. With processor on, slowly pour juice mixture through food chute; process until dough forms a ball.
- ☐ Divide dough in half. Working with 1 portion at a time, gently press dough into a 4-inch square on heavy-duty plastic wrap. Cover with additional plastic wrap.
- ☐ Roll each half of dough, still covered, to a 1/4-inch thickness. Chill 1 hour.
- ☐ Preheat oven to 37
- ☐ Working with 1 portion of dough at a time, remove top sheet of plastic wrap; turn dough over.
- ☐ Remove remaining plastic wrap.
- ☐ Cut with a 2 1/2-inch star-shaped cookie cutter into 24 stars; place stars 2 inches apart on 2 baking sheets lined with parchment paper.

- ☐
- Bake at 375 for 8 minutes or until lightly browned. Cool on pans 5 minutes.
- ☐
- Remove from pans; cool on wire racks. Repeat procedure with remaining half of dough.
- ☐
- To prepare icing, combine 2 cups sugar and milk, stirring with a whisk until smooth.
- ☐
- Spread about 1 teaspoon icing over each warm cookie; chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:2.97, Inflammation Score:-1, Nutrition Score:1.1034782587186%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 64.68kcal (3.23%), Fat: 1.51g (2.33%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 12.06g (4.38%), Sugar: 7.97g (8.85%), Cholesterol: 0.7mg (0.23%), Sodium: 26.21mg (1.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin B1: 0.04mg (2.92%), Folate: 10.97µg (2.74%), Selenium: 1.89µg (2.7%), Manganese: 0.05mg (2.61%), Vitamin E: 0.32mg (2.16%), Vitamin B2: 0.03mg (2.03%), Vitamin B3: 0.33mg (1.66%), Iron: 0.27mg (1.51%), Vitamin C: 0.87mg (1.05%)