



Toasted Almond Cantuccini

READY IN



45 min.

SERVINGS



24

CALORIES



124 kcal

BREAD

Ingredients

- ☐ 0.8 teaspoon almond extract
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup slivered almonds
- ☐ 16.5 oz pillsbury sugar cookie dough
- ☐ 3 oz chocolate white chopped

Equipment

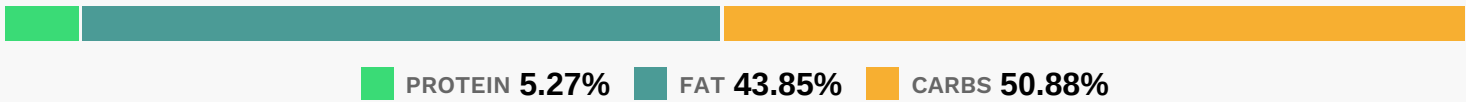
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F. Line a large baking sheet with non-stick foil or spray with cooking spray.In a dry, skillet, cook the almonds over medium heat, stirring often, just until they start to brown.
- ☐ Remove from skillet and let cool.Crumble cookie dough in a large mixing bowl.
- ☐ Add the almond extract, flour, and almonds to the cookie dough and stir until mixed.Divide dough in half and shape into two rectangles about 11×2 inches each. With a spatula, transfer the rectangles to the baking sheet, spacing them about 5 inches apart.
- ☐ Bake for 25–28 minutes. Carefully transfer warm rectangles to a cutting board and slice (no need to let them cool), slightly on the diagonal, about 3/4 inch thick. Carefully stand the cut cookies on the baking sheet and bake for another 10–12 minutes. Cool completely on baking sheet.

Nutrition Facts



Properties

Glycemic Index:6.46, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:2.1856522069353%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 123.79kcal (6.19%), Fat: 6.07g (9.34%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.35g (5.58%), Sugar: 9.33g (10.36%), Cholesterol: 2.89mg (0.96%), Sodium: 59.97mg (2.61%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.64g (3.29%), Manganese: 0.12mg (6.19%), Phosphorus: 51.88mg (5.19%), Vitamin E: 0.65mg (4.32%), Folate: 16.69µg (4.17%), Vitamin B1: 0.06mg (4.03%), Vitamin B2: 0.07mg (4.01%), Vitamin B3: 0.68mg (3.4%), Iron: 0.53mg (2.96%), Magnesium: 8.26mg (2.07%), Selenium: 1.44µg (2.06%), Fiber: 0.51g (2.04%), Vitamin K: 2.04µg (1.95%), Copper: 0.04mg (1.76%), Potassium: 57.32mg (1.64%), Calcium: 14.94mg (1.49%), Zinc: 0.16mg (1.04%)