



Toffee Almond Sandies

READY IN



45 min.

SERVINGS



100

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.5 cups flour all-purpose
- 1 cup flour whole wheat
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 teaspoon salt
- 1 cup butter unsalted softened
- 1 cup granulated sugar plus more for rolling the cookies
- 1 cup powdered sugar
- 1 cup vegetable oil

- 2 large eggs
- 1 teaspoon almond extract
- 2 cups almonds sliced coarsely chopped
- 6 ounces toffee chips english (or 1 cup)

Equipment

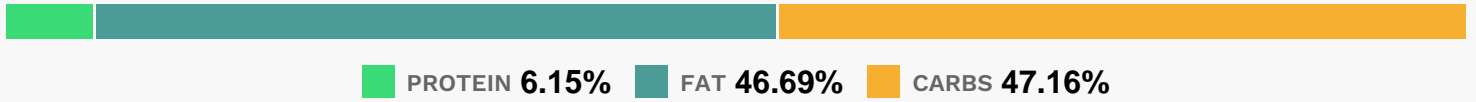
- bowl
- baking sheet
- baking paper
- oven
- wire rack
- blender
- aluminum foil
- spatula

Directions

- Set racks in middle of oven and preheat to 350°F. Line two baking sheets with parchment paper.
- Combine all-purpose flour, whole wheat flour, baking soda, cream of tartar and salt in a medium bowl; mix well.
- In the bowl of a mixer fitted with paddle attachment, cream butter, granulated sugar and Confectioners' sugar until well combined, about 1-2 minutes. Scrape down sides of bowl with spatula, then add oil, eggs and almond extract; mix well.
- Add dry ingredients and mix slowly to combine. Stir in almonds and toffee bits.
- Shape dough into 1-inch balls, roll in sugar, then place about 2 inches apart on prepared baking sheets and flatten with a fork.
- Bake, rotating sheets halfway through cooking, for 14-17 minutes or until lightly browned.
- Let cookies cool on baking sheets for a few minutes, then transfer to wire rack to cool completely. These keep nicely for 4 to 5 days stored in airtight container at room temperature.

- Roll the dough into balls, let set on a baking sheet in the freezer, then place in a sealable bag and press out as much air as possible.
- Let the cookies cool completely and store in an airtight container separating layers with parchment paper or aluminum foil. Before serving, remove the cookies from the container and let them come to room temperature.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:4.39, Inflammation Score:-1, Nutrition Score:1.7652173942846%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg 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: 74.3kcal (3.72%), Fat: 3.93g (6.04%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.45g (3.07%), Sugar: 4.36g (4.84%), Cholesterol: 10.37mg (3.46%), Sodium: 38.36mg (1.67%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 1.16g (2.33%), Manganese: 0.12mg (6.07%), Vitamin E: 0.6mg (3.98%), Selenium: 2.66µg (3.8%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.04mg (2.99%), Folate: 9.92µg (2.48%), Phosphorus: 20.93mg (2.09%), Magnesium: 7.81mg (1.95%), Vitamin B3: 0.39mg (1.93%), Fiber: 0.48g (1.91%), Iron: 0.34mg (1.87%), Vitamin A: 81.85IU (1.64%), Copper: 0.03mg (1.58%)