



Twice-Baked Almond Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



61 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour
- ☐ 3 large eggs
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon orange-flower water
- ☐ 1 pinch salt
- ☐ 1.3 cups sugar
- ☐ 12 ounces almonds whole

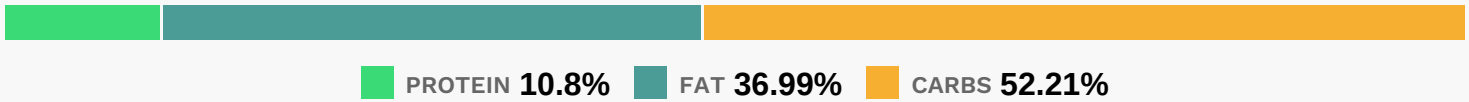
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Position rack in center of oven and preheat to 425°F. Butter and flour 13 x 9 x 2-inch metal baking pan. Sift flour and salt into medium bowl.
- ☐ Whisk sugar, eggs, honey and orange flower water in large bowl to blend well. Gradually add flour mixture, stirring just until blended. Stir in almonds. Spoon batter into prepared pan. Using back of spoon, spread batter evenly to smooth top.
- ☐ Bake until dough puffs and is pale golden, about 20 minutes. Cool 5 minutes. Turn pastry out onto rack; cool completely. Maintain oven temperature.
- ☐ Cut pastry crosswise into 1/2-inch-wide strips.
- ☐ Cut each strip diagonally into 3 pieces. Arrange cookies, cut side down, on 2 baking sheets.
- ☐ Bake until cookies are golden, about 14 minutes.
- ☐ Transfer cookies to racks; cool. (Can be prepared 5 days ahead. Store airtight at room temperature.)

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:2.2739130247222%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 61.28kcal (3.06%), Fat: 2.61g (4.01%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7.58g (2.76%), Sugar: 4.17g (4.63%), Cholesterol: 7.75mg (2.58%), Sodium: 3.69mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Vitamin E: 1.23mg (8.23%), Manganese: 0.14mg (6.94%), Vitamin B2: 0.09mg (5.04%), Magnesium: 13.97mg (3.49%), Selenium: 2.33µg (3.33%), Phosphorus: 31.56mg (3.16%), Vitamin B1: 0.04mg (2.97%), Fiber: 0.71g (2.84%), Copper: 0.06mg (2.84%), Folate: 11.01µg (2.75%), Iron: 0.42mg (2.32%), Vitamin B3: 0.43mg (2.15%), Calcium: 14.6mg (1.46%), Zinc: 0.21mg (1.38%), Potassium: 42.53mg (1.22%)