



## Vanilla Kipferl

 Vegetarian

READY IN



45 min.

SERVINGS



57

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 7.5 ounces almond flour toasted (ground almonds)
- ☐ 3 ounces granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.8 ounces sugar
- ☐ 7.3 ounces flour all-purpose
- ☐ 0.9 cup butter unsalted ()
- ☐ 0.5 vanilla pod
- ☐ 1 teaspoon vanilla extract

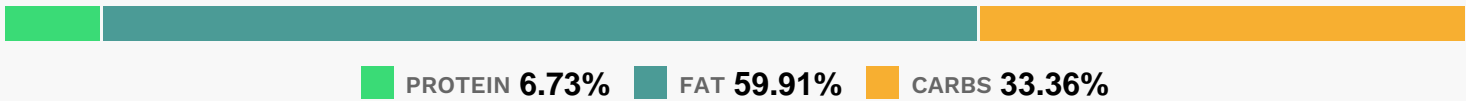
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap

# Directions

- ☐ In a medium-sized bowl, beat together the butter, salt, sugar, and vanilla until smooth.
- ☐ Add the flour and almond flour, stirring to make a cohesive dough. Wrap the dough in plastic wrap and refrigerate at for at least 1 hour, or overnight.
- ☐ Preheat the oven to 350°F. Lightly grease (or line with parchment) two baking sheets.
- ☐ Break off walnut-sized pieces of the dough, and roll them into short (about 2-inch) logs. Shape the logs into crescents, then gently press to flatten them slightly.
- ☐ Place the cookies on the prepared sheets.
- ☐ Bake the cookies for 8 to 10 minutes, until they're a light golden brown.
- ☐ Remove them from the oven and let cool on the pan for 10 minutes.
- ☐ While the cookies are cooling, process the sugar and vanilla bean in a food processor or blender until the bean is thoroughly ground.
- ☐ Place the vanilla sugar in a shallow bowl. While the cookies are still warm, gently roll them in the vanilla sugar.
- ☐ Transfer them to a rack to cool completely.

# Nutrition Facts



# Properties

Glycemic Index:3.78, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:0.78608696065519%

Nutrients (% of daily need)

Calories: 68.59kcal (3.43%), Fat: 4.72g (7.27%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.42g (1.97%), Sugar: 2.51g (2.79%), Cholesterol: 7.49mg (2.5%), Sodium: 20.88mg (0.91%), Alcohol: 0.02g (100%), Alcohol %: 0.23% (100%), Protein: 1.19g (2.39%), Fiber: 0.49g (1.97%), Vitamin B1: 0.03mg (1.9%), Selenium: 1.27µg (1.82%), Vitamin A: 87.08IU (1.74%), Iron: 0.31mg (1.72%), Folate: 6.7µg (1.68%), Manganese: 0.03mg (1.25%), Vitamin B2: 0.02mg (1.15%), Vitamin B3: 0.21mg (1.07%)