



Vanille Kipferl I

 Vegetarian

READY IN



40 min.

SERVINGS



36

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup ground almonds
- ☐ 1 cup butter unsalted
- ☐ 0.3 cup tsp vanilla sugar
- ☐ 0.3 cup sugar white

Equipment

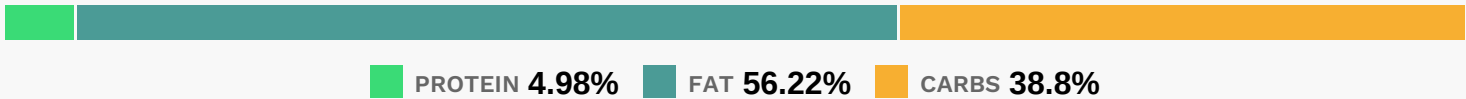
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 325 degrees F (170 degrees C). Line a baking sheet with parchment paper.
- ☐ Combine flour, 1/3 cup sugar, and ground almonds.
- ☐ Cut in butter with pastry blender, then quickly knead into a dough.
- ☐ Shape dough into logs and cut off 1/2-inch pieces. Shape each piece into a crescent and place on prepared baking sheet.
- ☐ Bake in preheated oven until edges are golden brown, 8 to 10 minutes. Cool 1 minute and carefully roll in vanilla sugar mixture.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:6.1, Inflammation Score:-1, Nutrition Score:1.3139130550882%

Nutrients (% of daily need)

Calories: 99.39kcal (4.97%), Fat: 6.35g (9.77%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 9.42g (3.43%), Sugar: 4.15g (4.61%), Cholesterol: 13.56mg (4.52%), Sodium: 0.88mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin B1: 0.05mg (3.66%), Selenium: 2.44µg (3.49%), Folate: 12.9µg (3.22%), Vitamin A: 157.58IU (3.15%), Manganese: 0.05mg (2.39%), Iron: 0.41mg (2.3%), Vitamin B2: 0.04mg (2.19%), Vitamin B3: 0.41mg (2.06%), Fiber: 0.43g (1.74%)