



Yogurt Holiday Almond Cookies

READY IN



100 min.

SERVINGS



36

CALORIES



334 kcal

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup eggs fat-free
- ☐ 1 tablespoons skim milk fat-free as needed (skim)
- ☐ 1 cup flour all-purpose
- ☐ 1 cup flour whole wheat

- ☐ 0.8 cup granulated sugar
- ☐ 36 servings m&m candies
- ☐ 1 cup powdered sugar
- ☐ 36 servings clear rock candy crushed
- ☐ 0.5 teaspoon salt
- ☐ 5.3 oz vanilla yogurt fat free yoplait®

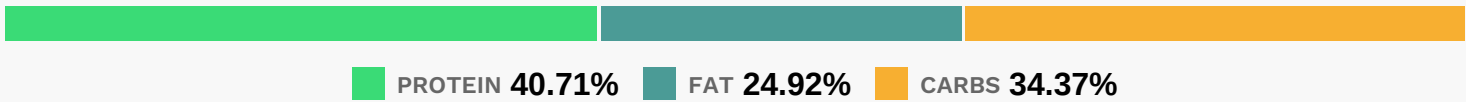
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Spray cookie sheets with cooking spray.
- ☐ In small bowl, mix flours, baking powder and salt. In large bowl, beat butter, brown sugar and granulated sugar with electric mixer on medium speed until light and fluffy. Stir in yogurt, egg product and 1/2 teaspoon almond extract. Gradually beat in flour mixture.
- ☐ Drop dough using #40 scoop (about 1 tablespoonful) 2 inches apart on cookie sheets.
- ☐ Bake 10 to 12 minutes or until golden brown on edges.
- ☐ Remove to cooling rack. Cool completely, about 30 minutes. In small bowl, mix frosting ingredients, stirring until desired spreading consistency.
- ☐ Spread frosting over cookies. Immediately top with garnishes.

Nutrition Facts



Properties

Glycemic Index:9.18, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:16.697826022039%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

Nutrients (% of daily need)

Calories: 334.19kcal (16.71%), Fat: 9.12g (14.03%), Saturated Fat: 4.54g (28.34%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 27.36g (9.95%), Sugar: 22.13g (24.59%), Cholesterol: 106.68mg (35.56%), Sodium: 209.27mg (9.1%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 33.52g (67.04%), Selenium: 111.79µg (159.7%), Vitamin D: 6.53µg (43.55%), Vitamin B12: 2.42µg (40.34%), Phosphorus: 382.7mg (38.27%), Vitamin B3: 4.48mg (22.38%), Vitamin B2: 0.37mg (21.99%), Potassium: 697.28mg (19.92%), Vitamin B6: 0.38mg (19.13%), Magnesium: 54.55mg (13.64%), Manganese: 0.2mg (9.92%), Vitamin B5: 0.67mg (6.67%), Calcium: 64.55mg (6.45%), Folate: 25.51µg (6.38%), Iron: 1.11mg (6.17%), Vitamin E: 0.91mg (6.08%), Vitamin B1: 0.09mg (5.85%), Zinc: 0.82mg (5.5%), Copper: 0.09mg (4.44%), Fiber: 0.94g (3.74%), Vitamin A: 157.77IU (3.16%)