

Austrian Tea Cakes

 Vegetarian

READY IN



40 min.

SERVINGS



48

CALORIES



85 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 2 cups flour all-purpose
- 2 cups ground hazelnuts
- 0.3 cup powdered sugar
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

- bowl

- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large bowl, cream together the butter, 1/4 cup powdered sugar, and vanilla until smooth and light.
- Add the flour, salt, and ground hazelnuts; stir together until well combined. Chill dough for 1 hour, then drop onto greased cookie sheets in rounded teaspoons.
- Bake in preheated oven for 25 minutes. Allow to cool for 10 minutes, then roll in powdered sugar. Cool completely on a wire rack, then roll in powdered sugar once again.

Nutrition Facts



PROTEIN 5.69% **FAT 69.25%** **CARBS 25.06%**

Properties

Glycemic Index:2.6, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:1.0799999946485%

Nutrients (% of daily need)

Calories: 85.46kcal (4.27%), Fat: 6.69g (10.29%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.81g (0.9%), Cholesterol: 10.17mg (3.39%), Sodium: 54.76mg (2.38%), Alcohol: 0.06g (100%), Alcohol %: 0.47% (100%), Protein: 1.24g (2.48%), Vitamin B1: 0.04mg (2.74%), Iron: 0.48mg (2.66%), Selenium: 1.82µg (2.6%), Fiber: 0.64g (2.54%), Folate: 9.67µg (2.42%), Vitamin A: 118.18IU (2.36%), Manganese: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.31mg (1.55%)