



Cardamom Crescents

 Vegetarian

READY IN



45 min.

SERVINGS



50

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup pecans
- ☐ 1.5 cups powdered sugar divided
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 tablespoon vanilla extract

Equipment



- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Arrange racks in lower and upper thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper.
- ☐ Whisk first 4 ingredients in a medium bowl.
- ☐ Combine 1/2 cup sugar and pecans in a food processor; pulse until coarse meal forms. Using an electric mixer, beat butter and vanilla in a medium bowl until creamy, 2–3 minutes.
- ☐ Add nut mixture; beat to blend.
- ☐ Add dry ingredients; blend well (dough will be moist but still crumbly).
- ☐ Transfer to a work surface; knead to form a ball, about 4 turns.
- ☐ Measure 1 rounded tablespoon of dough; form into a ball, then roll into a 1 1/2"-long log. Gently bend into a crescent shape, pinching ends to taper (cookies may crack slightly). Repeat with remaining dough, spacing about 1" apart on prepared sheets.
- ☐ Bake, rotating sheets halfway through baking, until bottoms are golden, 12–15 minutes. Sift remaining 1 cup powdered sugar into a shallow wide bowl. Working in batches of about 8 cookies each, roll warm cookies gently in powdered sugar to coat.
- ☐ Transfer to a wire rack to let cool.
- ☐ Roll or dust cooled cookies with powdered sugar. DO AHEAD: Can be made 5 days ahead. Store airtight at room temperature.

Nutrition Facts



 PROTEIN 4.1%  FAT 54.85%  CARBS 41.05%

Properties

Glycemic Index:1.9, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:1.5686956461843%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 83.88kcal (4.19%), Fat: 5.17g (7.96%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 8.33g (3.03%), Sugar: 3.65g (4.06%), Cholesterol: 9.76mg (3.25%), Sodium: 23.98mg (1.04%), Alcohol: 0.09g (100%), Alcohol %: 0.68% (100%), Protein: 0.87g (1.74%), Manganese: 0.14mg (7.23%), Vitamin B1: 0.06mg (4.16%), Selenium: 2.26µg (3.23%), Folate: 12.01µg (3%), Vitamin A: 114.62IU (2.29%), Vitamin B2: 0.04mg (2.12%), Vitamin B3: 0.4mg (1.98%), Iron: 0.35mg (1.94%), Copper: 0.03mg (1.71%), Fiber: 0.38g (1.51%), Phosphorus: 13.41mg (1.34%)