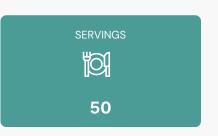
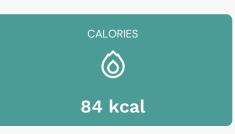


Cardamom Crescents

Vegetarian







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 thirdsof oven; preheat to 350°F. Line 2 bakingsheets with parchment paper.	
	Whisk first4 ingredients in a medium bowl.	
	Combine1/2 cup sugar and pecans in a food processor; pulse until coarse meal forms. Using an electric mixer, beat butter and vanilla ina medium bowl until creamy, 2–3 minutes.	
	Add nut mixture; beat to blend.	
	Add dryingredients; blend well (dough will be moistbut still crumbly).	
	Transfer to a work surface;knead to form a ball, about 4 turns.	
	Measure 1 rounded tablespoon of dough; forminto a ball, then roll into a 1 1/2"-long log.Gently bend into a crescent shape, pinchingends to taper (cookies may crack slightly).Repeat with remaining dough, spacingabout 1" apart on prepared sheets.	
	Bake, rotating sheets halfway throughbaking, until bottoms are golden, 12–15minutes. Sift remaining 1 cup powderedsugar into a shallow wide bowl. Working inbatches of about 8 cookies each, roll warmcookies gently in powdered sugar to coat.	
	Transfer to a wire rack to let cool.	
	Rollor dust cooled cookies with powderedsugar. DO AHEAD: Can be made 5 daysahead. Store airtight at room temperature.	

Nutrition Facts

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, Catechin: 0.14mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.05mg, Epigalloca

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%)