



Cardamom-Walnut Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 2 cups flour
- ☐ 1.5 cups granulated sugar
- ☐ 2.5 teaspoons ground cardamom
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.5 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 2 teaspoons vanilla extract

☐ 1.5 cups walnuts toasted finely chopped

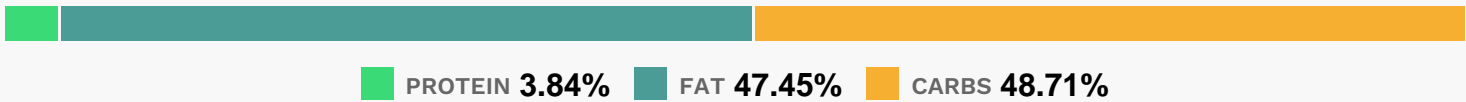
Equipment

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

Directions

- ☐ Mix 1 cup granulated sugar and 1/2 teaspoon cardamom in large bowl.
- ☐ Mix 1/2 teaspoon cardamom and powdered sugar in medium bowl. Set mixtures aside.
- ☐ Combine remaining 1/2 cup granulated sugar, 1 1/2 teaspoons cardamom, butter, vanilla extract, lemon peel and salt in another large bowl. Using electric mixer, beat at medium-high speed until well blended.
- ☐ Add flour and chopped nuts. Beat until smooth dough forms, scraping down sides of bowl occasionally. Gather dough into ball and wrap in plastic; chill 1 hour.
- ☐ Preheat oven to 350°F. Line 2 large baking sheets with parchment. Using hands and generous 1 tablespoon dough for each cookie, roll dough into forty-eight 3/4-inch balls; transfer to baking sheets.
- ☐ Bake cookies until golden, about 25 minutes.
- ☐ Let cool 5 minutes on sheets.
- ☐ Add 12 warm cookies to large bowl of granulated sugar and cardamom and toss gently to coat. Repeat with 12 more cookies.
- ☐ Let remaining 24 cookies cool completely on sheet. Sift powdered sugar and cardamom mixture over. (Can be made 3 days ahead. Store in airtight container.)

Nutrition Facts



Properties

Glycemic Index:3.54, Glycemic Load:7.29, Inflammation Score:-1, Nutrition Score:1.8504347762336%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 116.25kcal (5.81%), Fat: 6.3g (9.69%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 14.13g (5.14%), Sugar: 10.04g (11.16%), Cholesterol: 10.17mg (3.39%), Sodium: 12.98mg (0.56%), Alcohol: 0.06g (100%), Alcohol %: 0.3% (100%), Protein: 1.15g (2.29%), Manganese: 0.19mg (9.53%), Vitamin B1: 0.05mg (3.59%), Copper: 0.07mg (3.38%), Folate: 13.26µg (3.32%), Selenium: 2.05µg (2.93%), Vitamin A: 118.93IU (2.38%), Vitamin B2: 0.04mg (2.06%), Iron: 0.37mg (2.05%), Phosphorus: 19.61mg (1.96%), Magnesium: 7.28mg (1.82%), Vitamin B3: 0.35mg (1.76%), Fiber: 0.42g (1.68%), Vitamin B6: 0.02mg (1.12%), Zinc: 0.16mg (1.09%)