



## Chocolate-Filled Russian Tea Cakes

READY IN



150 min.

SERVINGS



48

CALORIES



224 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 2 cups flour all-purpose
- 48 chocolate (from 14-oz bag)
- 0.5 cup powdered sugar
- 1 cup powdered sugar
- 0.3 teaspoon salt
- 1 tablespoon sugar green
- 1 tablespoon sugar red
- 1 teaspoon vanilla

0.8 cup walnut pieces finely chopped

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 400F. In large bowl, beat butter, 1/2 cup powdered sugar and the vanilla with electric mixture on medium speed until well mixed. On low speed, beat in flour, salt and walnuts.

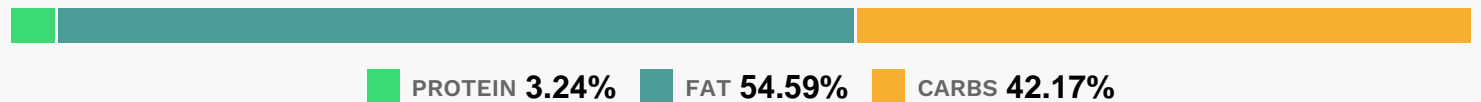
For each cookie, shape scant measuring tablespoonfuls dough around chocolate star to make 1-inch ball; place 2 inches apart on ungreased cookie sheets.

Bake 12 to 15 minutes or until set and bottoms begin to turn golden brown. Meanwhile, in small bowl, mix sugar coating ingredients.

Immediately remove cookies from cookie sheets; roll in sugar coating. Cool completely on cooling racks, about 30 minutes.

Roll in sugar coating again.

## Nutrition Facts



## Properties

Glycemic Index:5.79, Glycemic Load:9.8, Inflammation Score:-3, Nutrition Score:3.6486956629416%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

## Nutrients (% of daily need)

Calories: 223.63kcal (11.18%), Fat: 14.63g (22.5%), Saturated Fat: 6.53g (40.83%), Carbohydrates: 25.43g (8.48%), Net Carbohydrates: 23.63g (8.59%), Sugar: 18.65g (20.73%), Cholesterol: 0mg (0%), Sodium: 61.42mg (2.67%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Caffeine: 18.48mg (6.16%), Protein: 1.95g (3.9%), Manganese: 0.24mg (11.83%), Copper: 0.2mg (9.88%), Magnesium: 35.83mg (8.96%), Fiber: 1.8g (7.21%), Iron: 1.07mg (5.95%), Vitamin B2: 0.1mg (5.78%), Phosphorus: 54.2mg (5.42%), Selenium: 2.66µg (3.81%), Vitamin B1: 0.05mg (3.55%),

Zinc: 0.51mg (3.42%), Vitamin A: 169.53IU (3.39%), Folate: 12.21µg (3.05%), Potassium: 97.03mg (2.77%), Vitamin B3: 0.52mg (2.59%), Vitamin K: 1.83µg (1.74%), Vitamin E: 0.24mg (1.57%), Vitamin B6: 0.02mg (1.23%), Calcium: 10.77mg (1.08%)