



Chocolate-Filled Russian Tea Cakes

READY IN



150 min.

SERVINGS



48

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup walnut pieces finely chopped
- ☐ 48 chocolate (from 14-oz bag)
- ☐ 1 cup powdered sugar
- ☐ 1 tablespoon sugar red

☐ 1 tablespoon sugar green

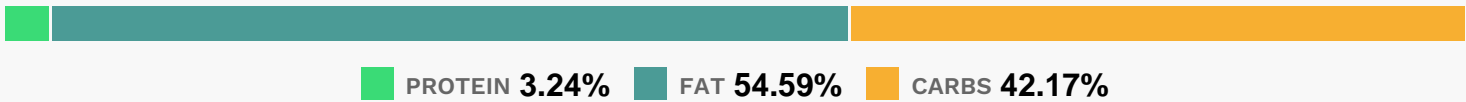
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. 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%)