



WHATSheATE



## Cook the Book: Hazelnut Poppy Seed Cookies



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



64 kcal

DESSERT

### Ingredients



3 cups flour all-purpose (1 pound)



7 ounces granulated sugar



4 ounces hazelnuts lightly toasted



1.3 ounces poppy seeds



1 teaspoon salt



2 teaspoons vanilla extract

### Equipment



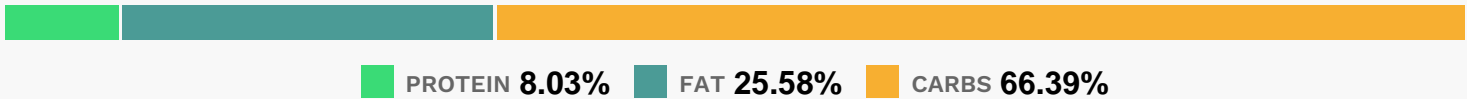
bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ stand mixer
- ☐ spatula

## Directions

- ☐ Combine the dry ingredients: Measure the flour, poppy seeds, and salt into a bowl and whisk to combine.
- ☐ Cream the butter and sugar and add the vanilla: Using a stand mixer with the paddle attachment, beat the butter and sugar together on medium speed until very smooth, about 3 minutes.
- ☐ Add the vanilla, then reduce the mixer speed to low.
- ☐ Add the dry ingredients and mix just until they disappear into the dough. Fold in the hazelnuts with a sturdy spatula.
- ☐ Shape and chill the dough: Shape the dough into two logs 2 inches in diameter, then chill for at least 2 hours and up to 3 days (or freeze for up to 3 months).
- ☐ Slice and bake the cookies: Preheat the oven to 325°F. Line two baking sheets with parchment paper. Slice the cookies 1/4 to 1/2-inch thick and place them about 1 inch apart, in 3 by 4 rows, on the prepared pans.
- ☐ Bake for 15 to 20 minutes, rotating the pans halfway through the baking time. The cookies should be firm to the touch.

## Nutrition Facts



## Properties

Glycemic Index:3.44, Glycemic Load:7.23, Inflammation Score:-1, Nutrition Score:2.2747826074938%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg

Nutrients (% of daily need)

Calories: 63.55kcal (3.18%), Fat: 1.83g (2.82%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 10.12g (3.68%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 48.85mg (2.12%), Alcohol: 0.06g (100%), Alcohol %: 0.47% (100%), Protein: 1.29g (2.59%), Manganese: 0.25mg (12.47%), Vitamin B1: 0.08mg (5.52%), Folate: 17.57µg (4.39%), Selenium: 2.83µg (4.04%), Copper: 0.06mg (3.22%), Iron: 0.55mg (3.05%), Vitamin B3: 0.51mg (2.56%), Vitamin B2: 0.04mg (2.53%), Vitamin E: 0.37mg (2.48%), Fiber: 0.58g (2.34%), Phosphorus: 21.72mg (2.17%), Magnesium: 8.15mg (2.04%), Calcium: 14.57mg (1.46%), Zinc: 0.17mg (1.14%)