



Earl Grey Tea Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



44 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons earl grey tea leaves
- ☐ 1 cup butter unsalted cut into pieces
- ☐ 1 teaspoon vanilla extract pure

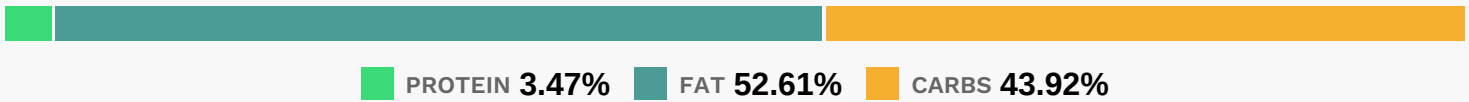
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 F. Pulse together all the dry ingredients in a food processor until the tea leaves are pulverized.
- ☐ Add the vanilla, 1 teaspoon water, and the butter. Pulse together until a dough is formed. Divide the dough in half.
- ☐ Place each half on a sheet of plastic wrap and roll into a 12-inch log, about 2 inches in diameter. Wrap and chill for 30 minutes. Slice each log into disks, 1/3 inch thick.
- ☐ Place on parchment- or foil-lined baking sheets, 2 inches apart.
- ☐ Bake until the edges are just brown, about 12 minutes.
- ☐ Let cool on sheets for 5 minutes, then transfer to wire racks.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:0.61956522063069%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.33mg, Thearubigins: 0.33mg, Thearubigins: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-

3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 44kcal (2.2%), Fat: 2.6g (3.99%), Saturated Fat: 1.62g (10.16%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 4.78g (1.74%), Sugar: 2.22g (2.47%), Cholesterol: 6.78mg (2.26%), Sodium: 16.61mg (0.72%), Alcohol: 0.02g (100%), Alcohol %: 0.26% (100%), Protein: 0.39g (0.77%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.22µg (1.75%), Folate: 6.47µg (1.62%), Vitamin A: 78.79IU (1.58%), Manganese: 0.03mg (1.25%), Vitamin B2: 0.02mg (1.1%), Vitamin B3: 0.21mg (1.03%)