

Green Tea Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



91 kcal

DESSERT

Ingredients

- 3 egg yolk
- 1.8 cups flour all-purpose
- 1 tablespoon matcha tea powder pure
- 0.8 cup powdered sugar
- 1 pinch salt
- 0.5 cup butter unsalted at room temperature

Equipment

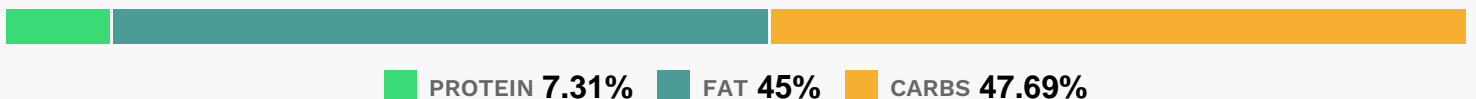
- bowl

- baking sheet
- oven
- plastic wrap
- cookie cutter

Directions

- Mix together the powdered sugar and matcha powder.
- Add in the butter and beat it all together until smooth and spinach green.
- Add the egg yolks and beat until mostly incorporated, scraping down the green, sticky stuff off the side of the bowl, as needed.
- Pour in the flour and pinch of salt, half at a time, and beat to combine. It will take a minute for the flour to absorb into the dough, so don't rush it. Once all the flour is in, use your hands to check for particularly gooey or dry sections of the dough (it will still look very crumbly); if you find any, keep mixing.
- Use the warmth of your hands to pull the dough together into a ball.
- Lay out the ball onto a piece of plastic wrap, seal it up, and form the ball into a flattened disk. Chill it until firm enough to roll, about 30 minutes to 1 hour.
- Preheat the oven 350°F.
- When you're ready to bake, roll out the dough to about 1/2-inch thick.
- Cut out cookies using a leaf-shaped cookie cutter, or any other shape you'd like. Drop the cookies in the sugar, if using, and flip them to coat both sides. Set them on a parchment-lined cookie sheet and bake 12 to 15 minutes, until barely starting to turn golden. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:1.9186956778817%

Nutrients (% of daily need)

Calories: 90.79kcal (4.54%), Fat: 4.52g (6.96%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 10.54g (3.83%), Sugar: 3.71g (4.12%), Cholesterol: 34.47mg (11.49%), Sodium: 3.47mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Selenium: 4.42µg (6.31%), Vitamin B1: 0.08mg (5.05%), Folate: 20.11µg (5.03%), Vitamin A: 181.88IU (3.64%), Vitamin B2: 0.06mg (3.48%), Iron: 0.6mg (3.33%), Manganese: 0.06mg (3.19%), Vitamin B3: 0.54mg (2.7%), Phosphorus: 19.75mg (1.98%), Vitamin D: 0.19µg (1.28%), Vitamin E: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.12%)