



Hazelnut Tea Cookies

 Vegetarian

READY IN



108 min.

SERVINGS



45

CALORIES



97 kcal

DESSERT

Ingredients

- 2 sticks butter softened
- 2 cups flour all-purpose
- 1.8 cups hazelnuts toasted finely chopped
- 1 cup powdered sugar for coating
- 0.5 teaspoon salt
- 1 tablespoon vanilla extract

Equipment

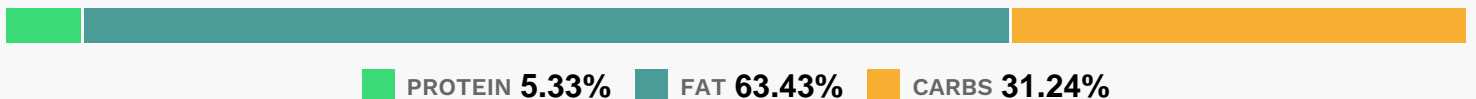
- bowl

- baking sheet
- oven
- whisk
- blender
- stand mixer

Directions

- Watch how to make this recipe.
- Heat oven to 325 degrees F and arrange racks in upper and lower third.
- Combine flour and salt in a medium bowl and whisk until aerated and evenly combined; set aside.
- Place butter in the bowl of a stand mixer fitted with the paddle attachment and beat on medium-high speed until light and fluffy, about 3 minutes.
- Add sugar and vanilla and continue to mix until whipped and light, about 2 more minutes.
- Add half of the nuts and mix until evenly incorporated and nuts are broken up, about 1 minute.
- Add flour and mix until well combined, about 1 minute.
- Remove bowl from mixer and stir in remaining nuts.
- Shape dough into 1 tablespoon balls and place on baking sheets, spaced at least 1 inch apart.
- Bake, rotating pans halfway through, until underside of cookies are brown, about 25 minutes.
- Remove from oven and let cool 5 minutes on baking sheets.
- Meanwhile, place some powdered sugar in a medium bowl. Once the cookies have cooled, roll them in the powdered sugar until just coated and tap off excess.
- Let cool completely and recoat in powdered sugar, tapping off excess sugar, before serving.

Nutrition Facts



Properties

Glycemic Index:3.11, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:2.6382608575665%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 96.74kcal (4.84%), Fat: 6.97g (10.72%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.87g (3.18%), Cholesterol: 10.8mg (3.6%), Sodium: 58.32mg (2.54%), Alcohol: 0.1g (100%), Alcohol %: 0.69% (100%), Protein: 1.32g (2.63%), Manganese: 0.33mg (16.34%), Vitamin E: 0.82mg (5.47%), Vitamin B1: 0.07mg (4.93%), Copper: 0.09mg (4.43%), Folate: 15.59µg (3.9%), Selenium: 2.06µg (2.95%), Iron: 0.48mg (2.67%), Vitamin A: 126.44IU (2.53%), Fiber: 0.6g (2.41%), Magnesium: 8.96mg (2.24%), Vitamin B3: 0.42mg (2.08%), Phosphorus: 20.76mg (2.08%), Vitamin B2: 0.04mg (2.07%), Vitamin B6: 0.03mg (1.45%), Potassium: 39.37mg (1.12%), Zinc: 0.16mg (1.06%)