

Jan Hagel Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 1 egg white
- ☐ 1 egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup walnuts finely chopped
- ☐ 1 cup sugar white

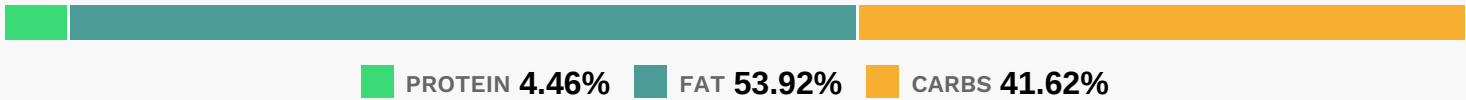
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream the butter and sugar.
- ☐ Add the egg yolk and beat thoroughly. (This should be very creamy.)
- ☐ Add the flour and cinnamon and mix well.
- ☐ Spread thinly on 1 1/2 cookie sheets. Press down mixture with fingers, then score with a fork.
- ☐ Brush on a film of egg white mixed with a little water.
- ☐ Sprinkle the nuts over the top.
- ☐ Bake 1/2 hour at 300 degrees F (150 degrees C).
- ☐ Remove from oven and cut into squares or oblongs. When cold, remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:11.61, Inflammation Score:-2, Nutrition Score:2.5526086820856%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 156.93kcal (7.85%), Fat: 9.59g (14.75%), Saturated Fat: 5.1g (31.87%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 16.19g (5.89%), Sugar: 8.43g (9.36%), Cholesterol: 28.44mg (9.48%), Sodium: 63.6mg (2.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Manganese: 0.16mg (8.12%), Selenium: 4.47µg (6.38%), Vitamin B1: 0.09mg (6.13%), Folate: 22.88µg (5.72%), Vitamin A: 247.79IU (4.96%), Vitamin B2: 0.07mg (4.08%), Iron: 0.59mg (3.25%), Vitamin B3: 0.65mg (3.24%), Copper: 0.06mg (2.77%), Phosphorus: 25.09mg (2.51%), Fiber: 0.47g (1.87%), Vitamin E: 0.26mg (1.75%), Magnesium: 6.53mg (1.63%), Zinc: 0.18mg (1.17%), Vitamin B6: 0.02mg (1.04%)