



Kir Rodriguez's Cashew Polvorones

 Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cashew pieces (or any other nut)
- 40 servings powdered sugar (for finishing)
- 1.8 cups flour (all-purpose)
- 0.8 cup granulated sugar (divided)
- 1 teaspoon ground cardamom
- 0.5 teaspoon salt
- 8 ounces butter (unsalted softened (2 sticks))
- 0.5 teaspoon vanilla extract (pure)

Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- stand mixer
- baking spatula

Directions

- Preheat the oven to 300°F. Line two half-sheet pans with parchment paper.
- Spread the cashews in a single layer on one of the prepared pans.
- Bake for 6 to 8 minutes, or until the nuts are slightly browned and fragrant. Cool completely on the pan. Grind the cooled nuts with approximately one-third of the sugar in a food processor. Set the prepared pan aside until it is time to bake the cookies.
- In the bowl of a stand mixer fitted with the paddle attachment, cream the butter, salt, and the remaining sugar until very light and fluffy.
- Add the vanilla and cardamom.
- Add the ground cashews and flour, and mix well until the dough gathers into a ball. With a silicone spatula, scrape the bowl several times to ensure thorough mixing.
- Roll the dough by hand into small balls, approximately 1 inch in diameter, and place on the prepared pans.
- Bake the cookies for 15 to 20 minutes, or until browned around the edges.
- Let them cool completely on wire racks.
- Roll the cookies in confectioners' sugar. You might need to reroll them just before serving.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:1.4556521703692%

Nutrients (% of daily need)

Calories: 115.33kcal (5.77%), Fat: 5.37g (8.27%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 16.21g (5.89%), Sugar: 11.69g (12.98%), Cholesterol: 12.19mg (4.06%), Sodium: 30.21mg (1.31%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 0.91g (1.82%), Manganese: 0.08mg (3.94%), Vitamin B1: 0.05mg (3.34%), Selenium: 2.3µg (3.29%), Vitamin A: 141.69IU (2.83%), Folate: 10.58µg (2.65%), Copper: 0.05mg (2.26%), Iron: 0.38mg (2.09%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.34mg (1.72%), Phosphorus: 16.92mg (1.69%), Magnesium: 6.15mg (1.54%)