



Kourabiedes (Greece): Walnut Sugar Cookies

 Vegetarian

READY IN



110 min.

SERVINGS



24

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 tablespoon brandy
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.8 cup confectioners' sugar
- ☐ 1 large egg yolk
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoons orange-flower water
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup butter unsalted softened (1 stick)
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.8 cup walnuts

Equipment

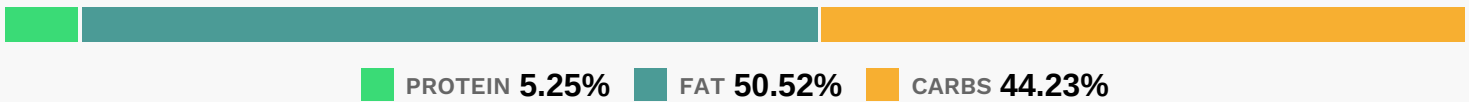
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Toast the walnuts until golden brown and fragrant, about 6 minutes.
- ☐ Let cool, then chop about half of the nuts (you should have about 1/2 cup chopped). Pulse the remaining nuts in the food processor until finely ground (about 1/4 cup ground).
- ☐ Stir the flour, baking powder, salt and nuts together in a medium bowl. Set aside.
- ☐ In another medium bowl, beat the butter, sugar, egg yolk, brandy and vanilla extract together with an electric mixer on medium-high speed until the mixture gets light and fluffy, about 10 minutes.
- ☐ At low speed, stir in the nut mixture to make a crumbly dough. Cover the bowl and set dough aside at room temperature for 1 hour.
- ☐ Preheat oven to 350 degrees F. Line two baking sheets with parchment or coat with nonstick spray.
- ☐ With a tablespoon, scoop out 1-inch pieces of dough and roll into balls between the palms of your hands. Pinch the ends of the balls to make a football shape.
- ☐ Place the cookies on the prepared baking sheets.
- ☐ Bake until the cookies set and start to brown, about 18 minutes.

- ☐ Remove cookies from the oven and immediately sprinkle them lightly with the orange water.(If you don't have a brush, simply dip your fingers into the water and flick it over the cookies a few times.) Take care not to douse them, just enough for them to carry the scent of flowers.
- ☐ Put the confectioners' sugar in a bag, and add 5 to 6 of the warm cookies to it. Very gently toss the cookies to coat with sugar.
- ☐ Remove them from the bag and cool cookies on a rack. Repeat with remaining cookies.
- ☐ Serve.
- ☐ Busy baker's tips: Dough can be frozen for up to 2 weeks. Store baked cookies in an airtight container for up to 1 week.
- ☐ Baked cookies can be wrapped in plastic, then aluminum foil, for up to 2 weeks. To serve, let cookies come to room temperature before dusting with confectioners' sugar.
- ☐ Cook's Note: If you can't find orange flower water, try specialty stores or online.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:4.39, Inflammation Score:-2, Nutrition Score:2.2752173696847%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 114.82kcal (5.74%), Fat: 6.48g (9.98%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 12.32g (4.48%), Sugar: 6.26g (6.95%), Cholesterol: 17.82mg (5.94%), Sodium: 34.29mg (1.49%), Alcohol: 0.27g (100%), Alcohol %: 1.36% (100%), Protein: 1.52g (3.03%), Manganese: 0.18mg (8.98%), Vitamin B1: 0.08mg (5.02%), Folate: 19.06µg (4.76%), Selenium: 3.31µg (4.73%), Copper: 0.07mg (3.57%), Vitamin B2: 0.05mg (2.99%), Iron: 0.5mg (2.79%), Phosphorus: 26.85mg (2.68%), Vitamin A: 129.13IU (2.58%), Vitamin B3: 0.51mg (2.53%), Magnesium: 7.67mg (1.92%), Fiber: 0.46g (1.82%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.19mg (1.26%), Calcium: 11.8mg (1.18%), Vitamin E: 0.16mg (1.06%)