



Medenjaci - Croatian Honey Spice Cookies

READY IN



45 min.

SERVINGS



45

CALORIES



140 kcal

DESSERT

Ingredients

- 250 g butter
- 180 g little demerara sugar
- 250 g honey
- 3 eggs
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 0.5 tsp ground cloves
- 0.5 tsp nutmeg
- 0.5 tsp ground ginger

- 300 g flour all-purpose
- 100 g flour whole wheat
- 350 g cake flour soft (flour)
- 10 walnuts whole divided

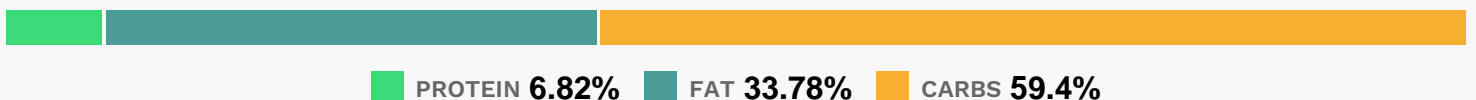
Equipment

- baking sheet
- baking paper
- oven
- whisk
- aluminum foil

Directions

- Heat the butter, sugar and honey, stirring constantly, over low heat until the sugar and butter have melted completely. Set aside to cool (10 minutes).
- Lightly whisk the eggs.
- Mix and combine baking soda, spices, all-purpose, whole wheat and cake flour.
- Add the lightly beaten eggs, flour and spices to the melted honey, sugar and butter mixture.
- Mix and combine to obtain smooth and soft dough.
- Cover the dough with foil and leave in a cool place for 1-3 days.
- Then divide and roll the dough into long rolls 1.5 cm in diameter, cut them into smaller rolls. Shape each roll into a walnut sized ball.
- Place the dough balls, few centimetres apart from each other, on a baking sheet lined with parchment paper or a silicon sheet. Insert, only halfway, a quarter of the walnut kernel at the top of each cookie.
- Bake the cookies in the oven at 190C for 10-12 minutes. Cool and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:9.74, Inflammation Score:-2, Nutrition Score:2.8586956521739%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg

Nutrients (% of daily need)

Calories: 140.23kcal (7.01%), Fat: 5.34g (8.21%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 20.4g (7.42%), Sugar: 8.62g (9.57%), Cholesterol: 22.86mg (7.62%), Sodium: 68.63mg (2.98%), Protein: 2.42g (4.85%), Manganese: 0.26mg (13.07%), Selenium: 7.76µg (11.09%), Vitamin B1: 0.07mg (4.86%), Folate: 17.87µg (4.47%), Vitamin B2: 0.06mg (3.5%), Iron: 0.58mg (3.22%), Phosphorus: 31.8mg (3.18%), Vitamin A: 155.53IU (3.11%), Vitamin B3: 0.6mg (3.01%), Fiber: 0.72g (2.89%), Copper: 0.05mg (2.26%), Magnesium: 8.03mg (2.01%), Zinc: 0.24mg (1.63%), Vitamin E: 0.22mg (1.46%), Vitamin B5: 0.13mg (1.35%), Vitamin B6: 0.02mg (1.21%), Potassium: 35.45mg (1.01%)