



Patricia's Viennese Crescents

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup powdered sugar sifted
- ☐ 2.5 cups flour all-purpose sifted
- ☐ 0.8 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 vanilla pod
- ☐ 1 cup walnuts

Equipment

- ☐ food processor

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ stand mixer
- ☐ mortar and pestle

Directions

- ☐ Using a small, sharp knife, split the vanilla bean lengthwise and scrape the seeds into a small bowl. Discard the pod.
- ☐ Add 1 tablespoon confectioners' sugar and use a mortar or the back of a spoon to pound and mix them together.
- ☐ Add the remaining confectioners' sugar and stir to combine. Cover and let stand at least 1 hour. DO AHEAD: Vanilla sugar can be made ahead and stored, in an airtight container at room temperature, indefinitely.
- ☐ Position a rack in the upper third of the oven and a second rack in the lower third then preheat to 350°F.
- ☐ Using a food processor, grind the walnuts into a chunky paste then transfer to the bowl of a stand mixer fitted with the paddle attachment.
- ☐ Add the butter and sugar and beat on medium speed, scraping the bowl occasionally, until completely incorporated, about 2 minutes.
- ☐ Add the flour in 3 batches and stir until a smooth dough forms, about 2 minutes.
- ☐ On a lightly floured surface, shape heaping tablespoons of dough into 3- to 4-inch-long ropes, tapering the ends. Curve each rope into a crescent shape.
- ☐ Transfer to a baking sheet, leaving about 2 inches between cookies.
- ☐ Bake, switching the cookies between the upper and lower racks about halfway through baking, until light golden brown, 18 to 20 minutes.
- ☐ Let the cookies cool 2 to 3 minutes then carefully roll them in vanilla sugar and place on racks to cool completely. Continue baking cookies on cooled baking sheets. DO AHEAD: The cookies can be baked ahead and stored, in an airtight container at room temperature, up to 3 days.

Nutrition Facts



 PROTEIN **4.43%**  FAT **50.79%**  CARBS **44.78%**

Properties

Glycemic Index:5.5, Glycemic Load:9.3, Inflammation Score:-2, Nutrition Score:2.6486956559769%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 152.88kcal (7.64%), Fat: 8.82g (13.57%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.96g (6.17%), Sugar: 9.04g (10.04%), Cholesterol: 16.27mg (5.42%), Sodium: 1.25mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Manganese: 0.2mg (10.24%), Vitamin B1: 0.1mg (6.36%), Folate: 23.1µg (5.78%), Selenium: 3.85µg (5.5%), Copper: 0.08mg (3.94%), Vitamin A: 189.87IU (3.8%), Vitamin B2: 0.06mg (3.62%), Iron: 0.6mg (3.35%), Vitamin B3: 0.66mg (3.31%), Phosphorus: 26.56mg (2.66%), Fiber: 0.54g (2.17%), Magnesium: 8.6mg (2.15%), Vitamin E: 0.21mg (1.39%), Zinc: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.29%)