

## Pine Nut Cookies

 Vegetarian

READY IN



180 min.

SERVINGS



24

CALORIES



87 kcal

DESSERT

### Ingredients

- 1 large eggs
- 1 teaspoon fennel powder
- 1.3 cups flour all-purpose
- 0.3 cup pinenuts
- 0.3 teaspoon salt
- 0.5 cup sugar
- 0.5 cup butter unsalted at room temperature
- 1 teaspoon vanilla extract

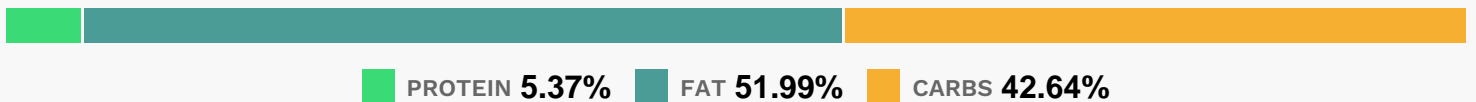
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- hand mixer

## Directions

- Using an electric mixer, beat the butter, sugar, vanilla, fennel seed, and salt in a large bowl until light and fluffy. Beat in the egg.
- Add the flour and mix just until blended.
- Transfer the dough to a sheet of plastic wrap. Shape the dough into an 8-inch-long log. Wrap the dough in plastic and refrigerate for 2 hours.
- Preheat the oven to 350 degrees F. Line heavy large baking sheets with a silpat or parchment paper.
- Cut the dough log crosswise into 1/8 to 1/4-inch thick slices.
- Transfer the cookies to the prepared baking sheets, spacing evenly apart. Press the pine nuts decoratively atop the cookies.
- Bake until the cookies are golden around the edges, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:6.5, Inflammation Score:-1, Nutrition Score:2.5847826119836%

## Nutrients (% of daily need)

Calories: 86.86kcal (4.34%), Fat: 5.09g (7.82%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 9.12g (3.32%), Sugar: 4.26g (4.73%), Cholesterol: 17.92mg (5.97%), Sodium: 27.99mg (1.22%),

Alcohol: 0.06g (100%), Alcohol %: 0.38% (100%), Protein: 1.18g (2.36%), Manganese: 0.49mg (24.52%), Selenium: 2.93µg (4.18%), Vitamin B1: 0.06mg (3.82%), Folate: 13.51µg (3.38%), Vitamin B2: 0.05mg (2.79%), Vitamin A: 129.95IU (2.6%), Iron: 0.44mg (2.42%), Vitamin B3: 0.46mg (2.28%), Phosphorus: 20.79mg (2.08%), Vitamin E: 0.27mg (1.78%), Copper: 0.03mg (1.57%), Magnesium: 5.65mg (1.41%), Zinc: 0.17mg (1.14%), Vitamin K: 1.11µg (1.06%), Fiber: 0.26g (1.04%)