



Polish Poppy Seed Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 1 egg white
- ☐ 2 egg yolks
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1 tablespoon water
- ☐ 0.8 cup sugar white

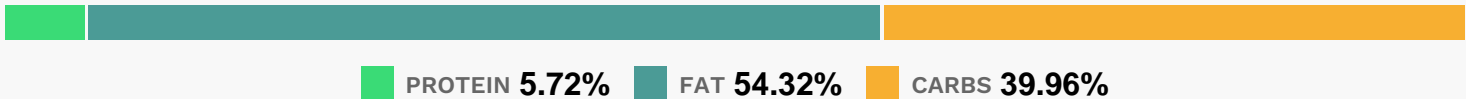
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place eggs (and water to cover) in a medium saucepan. Bring water to a boil, remove from heat and let cool. Peel eggs and remove yolks. Crumble yolks and set aside.
- ☐ Beat together until creamy butter or margarine, sugar and vanilla extract. To this, add raw egg yolks and crumbled hard boiled egg yolks and mix well. Gradually add flour and salt.
- ☐ Chill dough in refrigerator. Using small amounts of dough, roll out to 1/4 inch thickness.
- ☐ Cut into 2 inch round shapes and place on greased cookie sheet.
- ☐ Beat together 1 egg white and 1 tablespoon of water.
- ☐ Brush tops of cookies with egg white glaze and sprinkle with poppy seeds.
- ☐ Bake at 350 degrees F (175 degrees C) for 10-12 minutes until lightly browned.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:1.7491304394992%

Nutrients (% of daily need)

Calories: 95.31kcal (4.77%), Fat: 5.8g (8.92%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 9.36g (3.4%), Sugar: 4.22g (4.69%), Cholesterol: 33.45mg (11.15%), Sodium: 78.45mg (3.41%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 1.37g (2.75%), Selenium: 3.95µg (5.65%), Vitamin B1: 0.06mg (3.98%), Folate: 15.74µg (3.94%), Vitamin A: 185.2IU (3.7%), Vitamin B2: 0.06mg (3.39%), Manganese: 0.07mg (3.3%), Iron: 0.42mg (2.34%), Vitamin B3: 0.42mg (2.09%), Phosphorus: 20.06mg (2.01%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.11mg (1.07%)