



## Poppy Seed Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



72 kcal

DESSERT

### Ingredients

- 1 cup butter
- 2 egg yolks
- 2 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 3 tablespoons poppy seeds
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

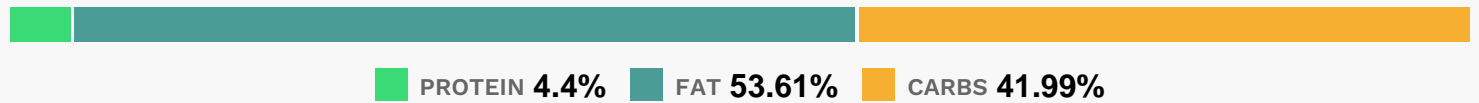
## Equipment

- baking sheet
- oven

## Directions

- Cream butter, sugar, and egg yolks.
- Add flour, salt, poppy seeds and vanilla.
- Mix well. Chill dough for one hour.
- Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- Form dough into teaspoon sized balls.
- Place on cookie sheet and dip the bottom of a juice glass into sugar and press balls flat.
- Bake 8 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:5.63, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:1.3008695624607%

## Nutrients (% of daily need)

Calories: 71.84kcal (3.59%), Fat: 4.33g (6.66%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 7.38g (2.68%), Sugar: 3.51g (3.9%), Cholesterol: 18.27mg (6.09%), Sodium: 43.17mg (1.88%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.8g (1.6%), Manganese: 0.07mg (3.7%), Selenium: 2.33µg (3.33%), Vitamin B1: 0.05mg (3.15%), Folate: 11.23µg (2.81%), Vitamin A: 129IU (2.58%), Vitamin B2: 0.03mg (1.92%), Iron: 0.32mg (1.78%), Vitamin B3: 0.32mg (1.58%), Phosphorus: 14.58mg (1.46%), Calcium: 11.02mg (1.1%)