



Poppy Seed Hungarian Style Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup butter softened
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup heavy cream
- ☐ 0.5 juice of lemon juiced
- ☐ 0.7 cup maple syrup flavored
- ☐ 1.3 cups poppy seeds
- ☐ 1.5 cups flour whole wheat

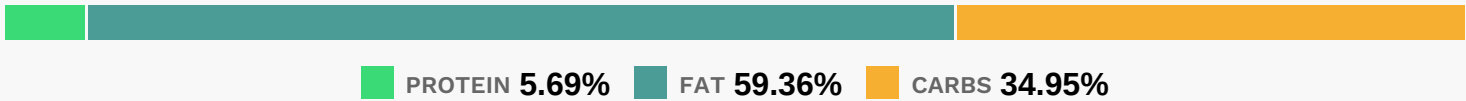
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet or line it with parchment paper.
- ☐ Combine cream and poppy seeds in a small saucepan.
- ☐ Heat mixture over medium heat until mixture is hot; do not boil.
- ☐ Remove from heat and allow to cool.
- ☐ In a medium bowl, combine flour, baking soda and cinnamon. Stir in butter, lemon juice and syrup.
- ☐ Mix well and add cooled poppy seed mixture.
- ☐ Drop by small spoonfuls onto prepared baking sheet.
- ☐ Bake in the preheated oven until edges are golden brown, about 20 minutes. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.02, Glycemic Load:2.22, Inflammation Score:-3, Nutrition Score:5.7339130082856%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 144.95kcal (7.25%), Fat: 9.9g (15.23%), Saturated Fat: 5.05g (31.59%), Carbohydrates: 13.11g (4.37%), Net Carbohydrates: 11.27g (4.1%), Sugar: 5.71g (6.35%), Cholesterol: 20.85mg (6.95%), Sodium: 94.87mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Manganese: 0.87mg (43.37%), Calcium: 92.63mg (9.26%), Vitamin B2: 0.14mg (8.41%), Selenium: 5.56µg (7.94%), Magnesium: 30.78mg (7.69%), Phosphorus: 76.74mg (7.67%), Fiber: 1.84g (7.37%), Vitamin B1: 0.09mg (5.97%), Copper: 0.12mg (5.81%), Vitamin A: 251IU (5.02%), Zinc: 0.69mg (4.59%), Iron: 0.8mg (4.44%), Potassium: 92.03mg (2.63%), Vitamin E: 0.36mg (2.38%), Vitamin B6: 0.05mg (2.28%), Vitamin B3: 0.43mg (2.16%), Folate: 8.11µg (2.03%)