



Rena Carasso's Kourabiedes - Greek Butter Cookies

 Vegetarian

READY IN



70 min.

SERVINGS



40

CALORIES



242 kcal

DESSERT

Ingredients

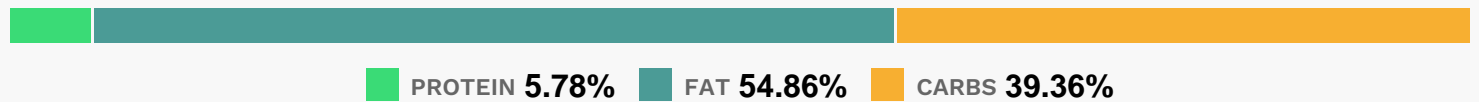
- 1 lb almonds chopped
- 2 egg yolk
- 3 cups flour
- 3 cups sugar separated (powdered)
- 1 lb butter unsalted room temperature ()
- 1 tsp vanilla

Equipment

Directions

- Save Recipe
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- Rena Carasso's Kourabiedes - Greek Butter Cookies
- Ingredients1 lb. unsalted butter (room temperature)1 lb. chopped almonds2 egg yolks3 cups confectioner's (powdered) sugar, separated1 tsp vanilla3-5 cups flour
- Prep Time: 45 Minutes
- Cook Time: 15 - 25 Minutes
- Total Time: 1 Hour 10 Minutes
- Servings: Makes 40-50 cookies
- Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:15.75, Inflammation Score:-4, Nutrition Score:5.4999999144803%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 242.04kcal (12.1%), Fat: 15.23g (23.44%), Saturated Fat: 6.36g (39.73%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.93g (8.34%), Sugar: 15.51g (17.24%), Cholesterol: 34.1mg (11.37%), Sodium: 2.14mg (0.09%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 3.61g (7.22%), Vitamin E: 3.19mg (21.3%), Manganese: 0.32mg (16.24%), Vitamin B2: 0.19mg (11.01%), Magnesium: 32.96mg (8.24%), Phosphorus: 70.91mg (7.09%), Copper: 0.13mg (6.7%), Fiber: 1.67g (6.68%), Vitamin B1: 0.1mg (6.6%), Selenium: 4.35µg (6.21%), Folate: 23.8µg

(5.95%), Vitamin A: 296.47IU (5.93%), Iron: 0.89mg (4.95%), Vitamin B3: 0.97mg (4.85%), Calcium: 35.95mg (3.6%), Zinc: 0.45mg (3.01%), Potassium: 97.31mg (2.78%), Vitamin D: 0.22µg (1.46%), Vitamin B5: 0.13mg (1.34%), Vitamin B6: 0.02mg (1.16%)