



Russian Tea Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



94 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.3 cup powdered sugar for decoration
- 2.3 cups flour all-purpose
- 0.8 cup hazelnuts finely chopped
- 0.3 teaspoon salt
- 1 teaspoon vodka

Equipment

- bowl

- baking sheet
- oven

Directions

- Pre-heat oven to 325 degrees F (165 degrees C).
- Combine flour and salt and set aside.
- In a large bowl, cream together butter and confectioners' sugar blending well. Beat in vodka. Gradually blend in flour/salt mixture. Fold in chopped hazelnuts.
- Break off dough in walnut sized pieces and roll into balls. On ungreased baking sheets place balls 1-1/2 inches apart. Flatten slightly.
- Bake for 12-15 minutes until lightly colored.
- Sprinkle hot cookies with confectioners' sugar. Cool on wire racks.

Nutrition Facts

 **PROTEIN 5.19%**  **FAT 63.37%**  **CARBS 31.44%**

Properties

Glycemic Index:4.31, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:2.2126087002132%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 93.99kcal (4.7%), Fat: 6.71g (10.32%), Saturated Fat: 3.36g (21.03%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 7.04g (2.56%), Sugar: 1.22g (1.36%), Cholesterol: 13.56mg (4.52%), Sodium: 56.87mg (2.47%), Alcohol: 0.05g (100%), Alcohol %: 0.33% (100%), Protein: 1.24g (2.47%), Manganese: 0.21mg (10.39%), Vitamin B1: 0.08mg (5.18%), Folate: 17.31µg (4.33%), Selenium: 2.78µg (3.97%), Vitamin E: 0.53mg (3.51%), Vitamin A: 158.08IU (3.16%), Copper: 0.05mg (2.72%), Iron: 0.48mg (2.68%), Vitamin B2: 0.04mg (2.58%), Vitamin B3: 0.51mg (2.54%), Fiber: 0.45g (1.81%), Phosphorus: 17.21mg (1.72%), Magnesium: 5.92mg (1.48%)