



Russian Tea Cakes

 Dairy Free  Popular

READY IN



75 min.

SERVINGS



48

CALORIES



105 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 2.3 cups flour all-purpose
- 0.8 cup nuts finely chopped
- 0.5 cup powdered sugar
- 48 servings powdered sugar
- 0.3 teaspoon salt
- 1 teaspoon vanilla

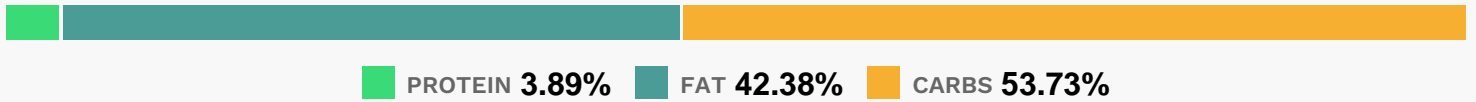
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 400F.
- Mix butter, 1/2 cup powdered sugar and the vanilla in large bowl. Stir in flour, nuts and salt until dough holds together.
- Shape dough into 1-inch balls.
- Place about 1 inch apart on ungreased cookie sheet.
- Bake 10 to 12 minutes or until set but not brown.
- Remove from cookie sheet. Cool slightly on wire rack.
- Roll warm cookies in powdered sugar; cool on wire rack.
- Roll in powdered sugar again.

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:3.34, Inflammation Score:-2, Nutrition Score:1.4817391501173%

Nutrients (% of daily need)

Calories: 104.92kcal (5.25%), Fat: 5.02g (7.73%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.97g (5.08%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 57.29mg (2.49%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.04g (2.07%), Manganese: 0.08mg (4.21%), Vitamin B1: 0.05mg (3.4%), Vitamin A: 169.5IU (3.39%), Folate: 11.89µg (2.97%), Selenium: 2.04µg (2.92%), Vitamin B3: 0.45mg (2.27%), Vitamin B2: 0.04mg (2.18%), Iron: 0.36mg (2%), Copper: 0.04mg (1.9%), Phosphorus: 17.21mg (1.72%), Magnesium: 6.5mg (1.63%), Fiber: 0.36g (1.44%)