



## Russian Tea Cakes

 Vegetarian  Popular

READY IN



75 min.

SERVINGS



48

CALORIES



74 kcal

DESSERT

### Ingredients

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

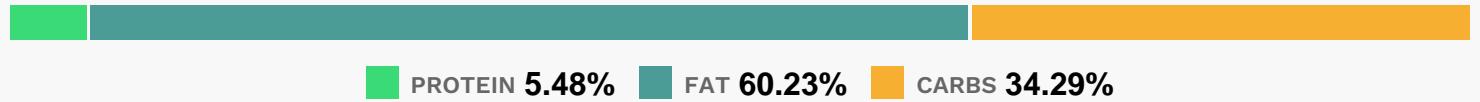
### Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 400°F.
- 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:3.22, Glycemic Load:3.35, Inflammation Score:-1, Nutrition Score:1.4321739211193%

## Nutrients (% of daily need)

Calories: 74.35kcal (3.72%), Fat: 5.05g (7.77%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 6.11g (2.22%), Sugar: 1.41g (1.57%), Cholesterol: 10.17mg (3.39%), Sodium: 42.94mg (1.87%), Alcohol: 0.03g (100%), Alcohol %: 0.25% (100%), Protein: 1.03g (2.07%), Manganese: 0.08mg (4.19%), Vitamin B1: 0.05mg (3.38%), Folate: 11.99µg (3%), Selenium: 2.04µg (2.92%), Vitamin A: 118.52IU (2.37%), Vitamin B3: 0.45mg (2.27%), Vitamin B2: 0.04mg (2.08%), Iron: 0.36mg (1.98%), Copper: 0.04mg (1.87%), Phosphorus: 17.26mg (1.73%), Magnesium: 6.46mg (1.61%), Fiber: 0.36g (1.44%)