



Russian Tea Cakes I

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



96 kcal

DESSERT

Ingredients

- 1 cup butter
- 0.3 cup confectioners' sugar for decoration
- 2 cups flour all-purpose
- 1 teaspoon vanilla extract
- 1 cup walnuts chopped

Equipment

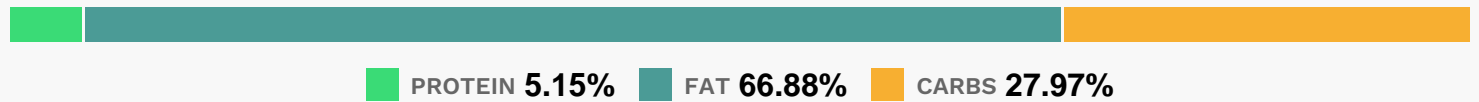
- bowl
- baking sheet

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, cream butter and vanilla until smooth.
- Combine the 6 tablespoons confectioners' sugar and flour; stir into the butter mixture until just blended.
- Mix in the chopped walnuts.
- Roll dough into 1 inch balls, and place them 2 inches apart on an ungreased cookie sheet.
- Bake for 12 minutes in the preheated oven. When cool, roll in remaining confectioners' sugar. I also like to roll mine in the sugar a second time.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:3.88, Inflammation Score:-2, Nutrition Score:1.9321738969049%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 96.39kcal (4.82%), Fat: 7.3g (11.23%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.47g (2.35%), Sugar: 1.21g (1.34%), Cholesterol: 13.56mg (4.52%), Sodium: 40.78mg (1.77%), Alcohol: 0.04g (100%), Alcohol %: 0.27% (100%), Protein: 1.26g (2.53%), Manganese: 0.16mg (7.93%), Vitamin B1: 0.07mg (4.39%), Folate: 16.08µg (4.02%), Selenium: 2.58µg (3.69%), Vitamin A: 158.23IU (3.16%), Copper: 0.06mg (3.09%), Vitamin B2: 0.04mg (2.45%), Iron: 0.42mg (2.33%), Vitamin B3: 0.45mg (2.25%), Phosphorus: 20.26mg (2.03%), Magnesium: 6.8mg (1.7%), Fiber: 0.41g (1.62%), Vitamin E: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.04%), Zinc: 0.15mg (1.03%)