



Russian Tea Cakes III

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



71 kcal

DESSERT

Ingredients

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

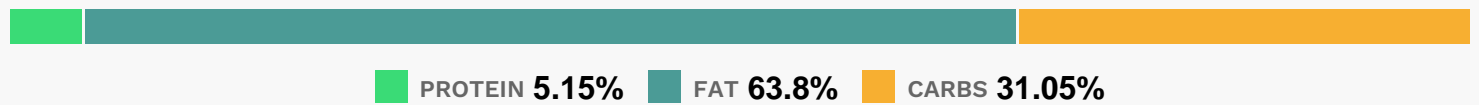
Equipment

- oven

Directions

- Combine all ingredients, mix well.
- Refrigerate dough until chilled.
- Roll dough into 1 inch balls and bake for 15 minutes in a preheated 350 degree F (175 degrees C) oven.
- Once baked, roll while still hot in confectioners' sugar until coated.
- Let cool. Lightly dust with more confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:1.4004347893693%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 70.67kcal (3.53%), Fat: 5.08g (7.82%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 5.29g (1.92%), Sugar: 0.89g (0.99%), Cholesterol: 10.17mg (3.39%), Sodium: 42.7mg (1.86%), Alcohol: 0.03g (100%), Alcohol %: 0.27% (100%), Protein: 0.92g (1.85%), Manganese: 0.1mg (5.13%), Vitamin B1: 0.05mg (3.5%), Folate: 12.66µg (3.16%), Selenium: 2.13µg (3.04%), Vitamin A: 118.55IU (2.37%), Vitamin B2: 0.03mg (1.97%), Copper: 0.04mg (1.88%), Vitamin B3: 0.37mg (1.84%), Iron: 0.33mg (1.82%), Phosphorus: 13.79mg (1.38%), Fiber: 0.28g (1.12%), Magnesium: 4.28mg (1.07%)