

Swedish Ice Box Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



114 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 4 tablespoons caraway seeds
- 1.5 cups powdered sugar
- 2 eggs beaten
- 3 cups flour all-purpose sifted
- 2 teaspoons vanilla extract
- 2 cups walnut pieces chopped

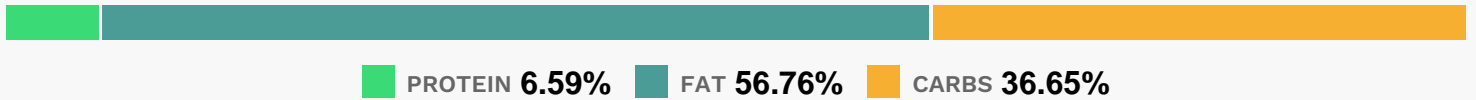
Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- In a medium bowl, cream the butter and sugar together until light. Stir in the eggs and vanilla.
- In another medium bowl, combine the caraway seeds, flour and nuts.
- Add to the butter mixture and blend well.
- Form dough into a long roll and wrap with plastic wrap or waxed paper. Chill for 2 hours.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease baking sheet.
- Thinly slice the chilled dough and bake for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:2.6991304314655%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 113.58kcal (5.68%), Fat: 7.34g (11.29%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.93g (3.61%), Sugar: 3.85g (4.28%), Cholesterol: 16.99mg (5.66%), Sodium: 33.44mg (1.45%), Alcohol: 0.06g (100%), Alcohol %: 0.31% (100%), Protein: 1.92g (3.84%), Manganese: 0.23mg (11.36%), Vitamin B1: 0.08mg (5.39%), Selenium: 3.58µg (5.11%), Folate: 20.13µg (5.03%), Copper: 0.09mg (4.75%), Iron: 0.62mg (3.45%), Vitamin B2: 0.06mg (3.45%), Phosphorus: 32.92mg (3.29%), Fiber: 0.73g (2.91%), Magnesium: 11.05mg (2.76%), Vitamin B3: 0.54mg (2.69%), Vitamin A: 130.87IU (2.62%), Zinc: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.74%), Vitamin E: 0.18mg (1.2%), Calcium: 11.61mg (1.16%), Potassium: 40.6mg (1.16%)