



Swedish Tea Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



48 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1.3 cups powdered sugar
- 3 tablespoons evaporated milk
- 2 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 0.3 cup cream light
- 1 teaspoon vanilla extract

Equipment

oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut 1 cup of the butter into the flour until the mixture resembles coarse crumbs. Stir in the cream and form the dough into a ball.
- Roll dough out 1/2 inch thick and cut with a small round cutter.
- Roll cut circles in granulated sugar and place on ungreased cookies sheets. Prick cookies a few times with a fork.
- Bake at 375 degrees F (190 degrees C) for 8 to 10 minutes.
- Let cookies cool before frosting.
- To Assemble: Frost bottoms of half of the cookies and place the remaining cookies on top to make sandwich cookies.
- To Make Buttercream Frosting: Beat 1/2 cup of the butter until fluffy. Gradually add the confectioners' sugar. Beat in the evaporated milk and the vanilla. Adjust milk and confectioners' sugar amounts to get buttercream to a good spreading consistency.

Nutrition Facts



PROTEIN 4.37% **FAT 38.25%** **CARBS 57.38%**

Properties

Glycemic Index:3.25, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:0.73086956734567%

Nutrients (% of daily need)

Calories: 47.81kcal (2.39%), Fat: 2.05g (3.15%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.79g (2.47%), Sugar: 3.65g (4.06%), Cholesterol: 5.76mg (1.92%), Sodium: 13.56mg (0.59%), Alcohol: 0.02g (100%), Alcohol %: 0.25% (100%), Protein: 0.53g (1.05%), Vitamin B1: 0.03mg (2.23%), Selenium: 1.48µg (2.11%), Folate: 7.79µg (1.95%), Vitamin B2: 0.03mg (1.53%), Manganese: 0.03mg (1.44%), Vitamin B3: 0.25mg (1.25%), Vitamin A: 62.52IU (1.25%), Iron: 0.2mg (1.1%)