



## The Rebbetzin Chef's Persian Walnut Cookies

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



36

CALORIES



66 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 egg yolk
- 3 egg yolk
- 1 tablespoon ground cardamom
- 1 tablespoon rosewater
- 0.5 cup walnut pieces for decoration
- 1.5 cups walnuts finely
- 1 teaspoon water

0.8 cup granulated sugar white

## Equipment

bowl

baking sheet

oven

whisk

wire rack

## Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the ground walnuts, 3 egg yolks, sugar, cardamom, baking soda and rose water until well blended.

Roll teaspoon sized pieces of dough into balls and place onto parchment-lined baking sheets. Cookies should be spaced 2 inches apart.

Whisk together the remaining egg yolk and water using a fork. Press a walnut piece into each cookie, then brush with the egg yolk glaze.

Bake for 20 minutes in the preheated oven, or until golden. The cookies will appear soft and undercooked but take heart, they will harden considerably when cooled. Allow them to cool on the baking sheets for at least 10 minutes before transferring to a wire rack to cool completely.

## Nutrition Facts

 PROTEIN 7.64%  FAT 62.21%  CARBS 30.15%

## Properties

Glycemic Index:3.2, Glycemic Load:3, Inflammation Score:-1, Nutrition Score:1.9734782375719%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

## Nutrients (% of daily need)

Calories: 65.51kcal (3.28%), Fat: 4.79g (7.37%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.74g (1.73%), Sugar: 4.34g (4.82%), Cholesterol: 21.6mg (7.2%), Sodium: 31.57mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Manganese: 0.27mg (13.49%), Copper: 0.11mg (5.29%), Phosphorus: 30.59mg (3.06%), Magnesium: 10.75mg (2.69%), Folate: 9.29µg (2.32%), Vitamin B6: 0.04mg (2.11%), Selenium: 1.46µg (2.09%), Fiber: 0.48g (1.93%), Vitamin B1: 0.03mg (1.73%), Zinc: 0.26mg (1.73%), Iron: 0.27mg (1.5%), Vitamin B2: 0.02mg (1.26%)