



Vanilla Crescent Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



128 kcal

DESSERT

Ingredients

- 2.3 cups flour all-purpose
- 1 cup butter unsalted
- 1 vanilla pod crushed
- 0.5 cup walnuts chopped
- 2 cups sugar white

Equipment

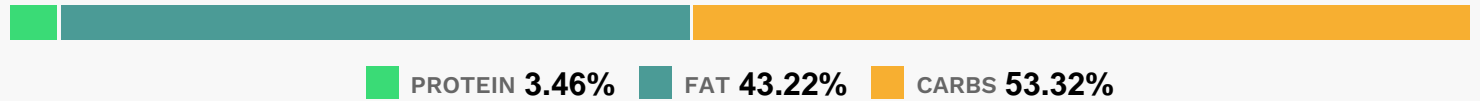
- food processor
- baking sheet

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place 1/4 cup of sugar and the vanilla bean in a food processor fitted with a metal blade. Pulse to chop the bean, then add walnuts. Pulse again until finely chopped.
- Remove from food processor.
- Add the butter and flour.
- Mix until well blended.
- Pinch off 1 inch square pieces of dough and shape into balls. Shape the balls into crescents, about 2 inches long.
- Place about 1/2 inch apart on cookie sheets.
- Bake for 10 minutes, then reduce oven temperature to 300 degrees F and bake for additional 10 to 15 minutes, until cookies are dry.
- Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:12.25, Inflammation Score:-1, Nutrition Score:1.7652174091048%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 128.43kcal (6.42%), Fat: 6.31g (9.71%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 17.18g (6.25%), Sugar: 11.16g (12.4%), Cholesterol: 13.56mg (4.52%), Sodium: 1mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.11mg (5.57%), Vitamin B1: 0.07mg (4.63%), Selenium: 2.96µg (4.22%), Folate: 16.61µg (4.15%), Vitamin A: 157.9IU (3.16%), Vitamin B2: 0.05mg (2.75%), Vitamin B3: 0.5mg (2.5%), Iron: 0.43mg (2.39%), Copper: 0.04mg (1.96%), Phosphorus: 15.89mg (1.59%), Fiber: 0.33g (1.31%), Magnesium: 4.48mg (1.12%), Vitamin E: 0.16mg (1.08%)