



Walnut-Lemon Packets

 Vegetarian

READY IN



45 min.

SERVINGS



80

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb butter at room temperature
- ☐ 8 oz cream cheese at room temperature
- ☐ 2 large eggs separated
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.8 cup powdered sugar

- ☐ 0.5 teaspoon vanilla
- ☐ 2.5 cups walnuts

Equipment

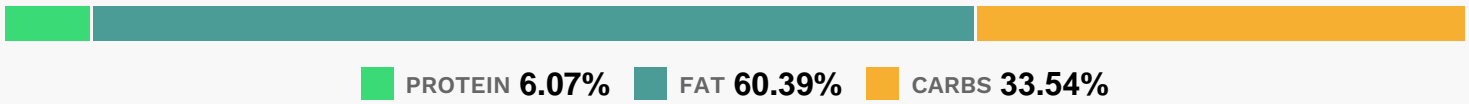
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ In a food processor, whirl walnuts until finely ground. In a bowl, with an electric mixer on high speed, whip the egg whites and lemon juice until foamy. Gradually add granulated sugar, beating until whites hold stiff peaks, 8 to 10 minutes. Stir in walnuts. In a small bowl, with a fork, beat the egg yolks to blend.
- ☐ In a bowl, with an electric mixer on high speed, beat butter, cream cheese, and 1/2 cup powdered sugar until very smooth. Beat in lemon peel and vanilla. Stir in flour until well blended.
- ☐ Divide dough into four equal portions. On a lightly floured board, with a floured rolling pin, roll each portion of dough into a 10- by 12 1/2-inch rectangle, turning dough over and flouring board occasionally to prevent sticking. Press edges to smooth out.
- ☐ With a sharp knife or a fluted cutter, cut dough into 2 1/2-inch squares.
- ☐ Place 1 teaspoon of the walnut mixture in the center of each square. Lift diagonally opposite corners of each square to the center over filling.
- ☐ Brush the corners with beaten egg yolks and press together to secure.
- ☐ With a spatula, place packets about 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.

- ☐ Bake cookies in a 300 oven until golden, 25 to 30 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- ☐ With a wide spatula, transfer cookies to racks. If hot cookies start to break, slide a thin spatula under them to release, let stand on sheets to firm up, about 5 minutes, then transfer to racks. Sift remaining 1/4 cup powdered sugar over cookies, then cool completely.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:1.7326086753088%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 84.28kcal (4.21%), Fat: 5.82g (8.96%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.92g (2.52%), Sugar: 3.82g (4.25%), Cholesterol: 13.61mg (4.54%), Sodium: 29.11mg (1.27%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1.32g (2.63%), Manganese: 0.15mg (7.62%), Copper: 0.07mg (3.27%), Selenium: 2.18µg (3.12%), Vitamin B1: 0.04mg (2.96%), Folate: 11.69µg (2.92%), Vitamin A: 116.42IU (2.33%), Phosphorus: 23.07mg (2.31%), Vitamin B2: 0.04mg (2.28%), Magnesium: 7.11mg (1.78%), Iron: 0.32mg (1.75%), Fiber: 0.35g (1.41%), Vitamin B3: 0.28mg (1.38%), Vitamin B6: 0.03mg (1.26%), Zinc: 0.17mg (1.16%)