

Walnut Sables

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 cups flour
- 0.3 teaspoon double-acting baking powder
- 1 large egg yolk
- 0.7 cup powdered sugar
- 30 servings sugar raw
- 0.1 teaspoon salt
- 0.5 cup butter unsalted room temperature (1 stick)
- 0.5 teaspoon vanilla extract

1 cup walnuts toasted finely chopped

Equipment

bowl

baking sheet

baking paper

oven

hand mixer

Directions

Mix flour, walnuts, baking powder, and 1/8 teaspoon salt in medium bowl. Using electric mixer, beat butter, powdered sugar, and vanilla in large bowl until fluffy. Beat in egg yolk.

Add flour mixture and stir until blended. Shape dough into ball; flatten into disk. Wrap in plastic and chill until firm enough to roll, about 15 minutes.

Preheat oven to 325°F. Line 2 baking sheets with parchment paper.

Roll out dough on lightly floured surface to 1/4-inch thickness. Using assorted cutters, cut out cookies.

Transfer cookies to prepared sheets. Gather dough scraps and repeat until all dough is used.

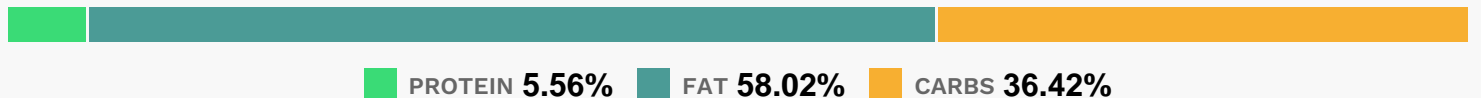
Sprinkle cookies with raw sugar, pressing lightly to adhere.

Bake sablés until light golden, about 20 minutes. Cool on sheets 5 minutes.

Transfer to racks and cool completely. (Can be made 4 days ahead. Store airtight at room temperature.)

*Also called turbinado or demerara sugar; available at most supermarkets and natural foods stores.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:1.8830434535833%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 87.99kcal (4.4%), Fat: 5.81g (8.94%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 7.81g (2.84%), Sugar: 3.73g (4.14%), Cholesterol: 14.25mg (4.75%), Sodium: 14.18mg (0.62%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 1.25g (2.51%), Manganese: 0.17mg (8.49%), Vitamin B1: 0.06mg (3.69%), Folate: 14.29µg (3.57%), Copper: 0.07mg (3.54%), Selenium: 2.33µg (3.33%), Phosphorus: 22.98mg (2.3%), Vitamin B2: 0.04mg (2.14%), Iron: 0.38mg (2.11%), Vitamin A: 103.5IU (2.07%), Magnesium: 7.45mg (1.86%), Vitamin B3: 0.35mg (1.77%), Fiber: 0.4g (1.61%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.17mg (1.16%)