

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

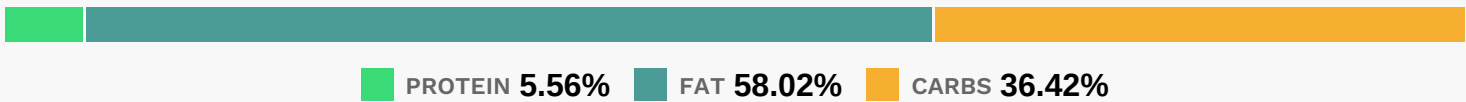
Equipment

- ☐ 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%)