



Authentic Mexican Wedding Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



87 kcal

DESSERT

Ingredients

- 2 sticks butter room temperature
- 2 cups powdered sugar
- 2 teaspoons vanilla extract
- 2 cups flour
- 1 cup pecans toasted
- 0.1 teaspoon ground cinnamon

Equipment

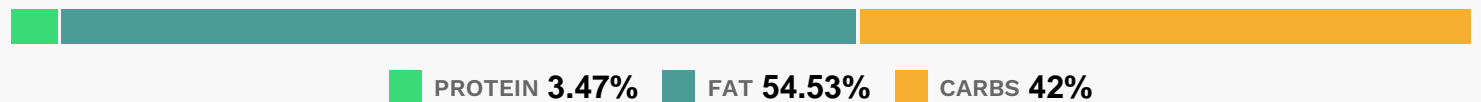
- bowl

- baking sheet
- oven
- whisk
- hand mixer
- pie form

Directions

- Beat butter in large bowl in an electric mixer until light and fluffy.
- Add 1/2 cup powdered sugar and vanilla; beat until well blended.
- Beat in flour, then pecans. Divide dough in half; form each half into ball. Wrap in plastic and chill for about 30 minutes.
- Preheat oven to 350F.
- Whisk remaining 1 1/2 cups powdered sugar and cinnamon in pie dish to blend. Set cinnamon sugar aside.
- Working with half of chilled dough, roll dough by 2 teaspoonfuls between palms into balls. Arrange balls on heavy large baking sheet, spacing 1/2 inch apart.
- Bake cookies for 18 minutes or until golden brown on bottom and just pale golden on top. Cool cookies 5 minutes on baking sheet.
- Gently toss warm cookies in cinnamon sugar to coat completely.
- Transfer coated cookies to rack and cool completely. Repeat with other half of the dough.
- Sift remaining cinnamon sugar over cookies and serve.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.3973913043478%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate:
0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate:
0.05mg

Nutrients (% of daily need)

Calories: 86.91kcal (4.35%), Fat: 5.35g (8.24%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 9.28g (3.09%), Net
Carbohydrates: 8.94g (3.25%), Sugar: 5.01g (5.57%), Cholesterol: 10.12mg (3.37%), Sodium: 30.49mg (1.33%),
Protein: 0.77g (1.53%), Manganese: 0.13mg (6.49%), Vitamin B1: 0.05mg (3.65%), Selenium: 1.92µg (2.74%), Folate:
10.13µg (2.53%), Vitamin A: 118.83IU (2.38%), Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.33mg (1.67%), Iron: 0.3mg
(1.66%), Copper: 0.03mg (1.64%), Fiber: 0.34g (1.37%), Phosphorus: 12.48mg (1.25%)