



Cherry Bonbon Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



175 kcal

DESSERT

Ingredients

- 24 servings cherry glaze
- 1.5 cups flour all-purpose
- 24 maraschino cherries
- 0.5 cup butter softened
- 2 tablespoon milk
- 0.8 cup powdered sugar sifted
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

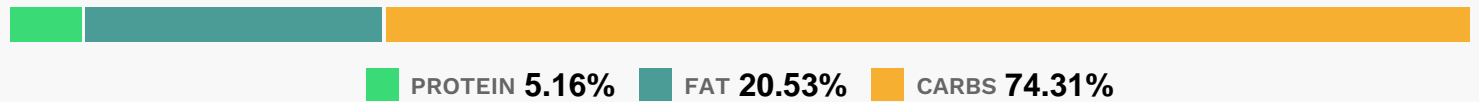
Equipment

- baking sheet
- oven

Directions

- Drain cherries, reserving 1/4 cup of juice for glaze; set aside. Beat margarine until creamy. Gradually add powdered sugar, beating well. Stir in flour and salt.
- Add milk and vanilla; mix well. Shape into 24 balls. Press each ball around a cherry, covering it completely.
- Place on ungreased baking sheets.
- Bake at 350 for 16 to 18 minutes.
- Transfer to wire racks and cool completely.
- Sprinkle with powdered sugar.
- Drizzle with Cherry Glaze.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:8.62, Inflammation Score:-4, Nutrition Score:4.5834782654824%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 174.71kcal (8.74%), Fat: 4.21g (6.48%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.02g (11.28%), Sugar: 23.63g (26.26%), Cholesterol: 0.15mg (0.05%), Sodium: 57.63mg (2.51%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 2.39g (4.77%), Fiber: 3.31g (13.24%), Vitamin C: 9.81mg (11.89%), Potassium: 324.39mg (9.27%), Manganese: 0.15mg (7.62%), Vitamin B1: 0.1mg (6.69%), Vitamin A: 263.04IU (5.26%), Vitamin B2: 0.09mg (5.24%), Copper: 0.1mg (5.14%), Folate: 19.94µg (4.99%), Iron: 0.89mg (4.95%), Magnesium: 17.63mg (4.41%), Phosphorus: 40.35mg (4.03%), Selenium: 2.7µg (3.86%), Vitamin B6: 0.07mg (3.68%), Vitamin B3: 0.68mg (3.4%), Vitamin B5: 0.32mg (3.24%), Vitamin K: 3.04µg (2.9%), Calcium: 25.09mg (2.51%), Vitamin E: 0.25mg (1.68%), Zinc: 0.17mg (1.14%)