



Cherry Winks

READY IN



45 min.

SERVINGS



60

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2.5 cups cornflakes cereal crushed
- 1 cup dates pitted chopped
- 2 eggs
- 2.3 cups flour all-purpose sifted
- 10 maraschino cherries quartered
- 2 tablespoons milk
- 1 cup pecans chopped

- 0.5 teaspoon salt
- 0.8 cup shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

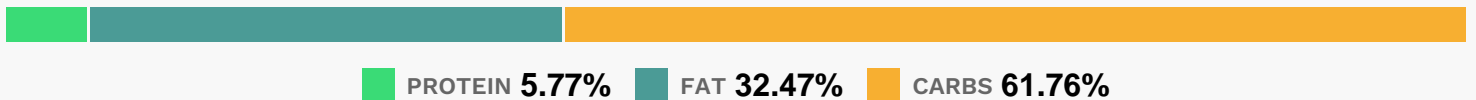
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease baking sheets.
- Cream the shortening with the sugar. Blend in the eggs, milk and vanilla.
- Sift together the flour, baking powder, baking soda and salt.
- Add the flour mixture to the creamed mixture and mix well. Stir in the chopped pecans, chopped dates and 1/3 cup maraschino cherries.
- Shape teaspoonful sized chunks of dough into balls.
- Roll each ball in the crushed corn flakes.
- Place balls on the prepared baking sheets and top each cookie with 1/4 maraschino cherry.
- Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes.
- Let cool completely before storing in airtight containers.

Nutrition Facts



Properties

Glycemic Index:5.62, Glycemic Load:5.8, Inflammation Score:-3, Nutrition Score:5.1973912482676%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin:

0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 111.2kcal (5.56%), Fat: 4.13g (6.36%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 16.84g (6.12%), Sugar: 6.26g (6.96%), Cholesterol: 5.52mg (1.84%), Sodium: 110.02mg (4.78%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 1.65g (3.31%), Iron: 3.18mg (17.65%), Vitamin B1: 0.18mg (12.24%), Folate: 45.33µg (11.33%), Vitamin B2: 0.19mg (10.89%), Vitamin B3: 2.1mg (10.48%), Vitamin B6: 0.19mg (9.46%), Vitamin B12: 0.51µg (8.48%), Manganese: 0.14mg (6.88%), Selenium: 3.03µg (4.33%), Vitamin A: 186.43IU (3.73%), Fiber: 0.85g (3.4%), Copper: 0.06mg (2.78%), Phosphorus: 26.57mg (2.66%), Vitamin D: 0.39µg (2.6%), Vitamin C: 2.1mg (2.55%), Magnesium: 8.42mg (2.11%), Zinc: 0.24mg (1.63%), Vitamin K: 1.53µg (1.45%), Vitamin E: 0.21mg (1.43%), Potassium: 48.23mg (1.38%), Vitamin B5: 0.12mg (1.15%)