



Chinese Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



284 kcal

DESSERT

Ingredients

- 1.3 teaspoons baking soda
- 3.5 cups cake flour
- 1 cup chocolate fudge frosting prepared
- 1 eggs
- 0.8 teaspoon salt
- 1.5 cups shortening
- 1 teaspoon vanilla extract
- 0.5 cup ground walnuts
- 1.5 cups sugar white

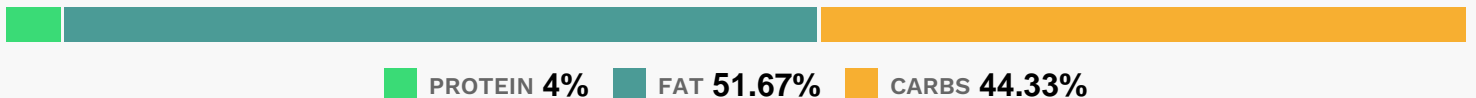
Equipment

- bowl
- baking sheet
- oven

Directions

- In a medium bowl, cream together the sugar and shortening. Stir in the egg and vanilla, beat until light and fluffy.
- Combine the cake flour, baking soda and salt, stir into the creamed mixture. Dough will be stiff, you may need to use your hands to mix.
- Roll dough into a log about 15 inches long, and roll in the ground nuts. Wrap and chill dough for at least an hour or until firm.
- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- Unwrap dough and cut into 1/2 inch slices.
- Place cookies 1 1/2 inches apart on the prepared cookie sheets.
- Bake for 10 to 15 minutes in the preheated oven. Allow cookies to cool for a few minutes on the baking sheets before removing to cool completely on wire racks. When cool, place a dollop of fudge icing onto the center of each cookie.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:17.33, Inflammation Score:-1, Nutrition Score:2.9895652127655%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 283.62kcal (14.18%), Fat: 16.58g (25.5%), Saturated Fat: 3.98g (24.84%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 31.31g (11.38%), Sugar: 18.06g (20.06%), Cholesterol: 6.82mg (2.27%), Sodium: 150.57mg (6.55%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 2.89g (5.78%), Manganese: 0.25mg (12.59%),

Selenium: 8.07µg (11.53%), Vitamin E: 1.04mg (6.94%), Vitamin K: 6.94µg (6.61%), Copper: 0.09mg (4.66%), Phosphorus: 37.2mg (3.72%), Fiber: 0.69g (2.74%), Magnesium: 10.63mg (2.66%), Folate: 9.36µg (2.34%), Iron: 0.42mg (2.32%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.28mg (1.89%), Vitamin B1: 0.03mg (1.83%), Vitamin B2: 0.03mg (1.59%), Potassium: 50.48mg (1.44%), Vitamin B6: 0.02mg (1.18%), Vitamin B3: 0.22mg (1.11%)