



Chocolate Mexican Wedding Cookies

READY IN



45 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.3 cup confectioners' sugar
- ☐ 0.5 cup confectioners' sugar
- ☐ 1.8 cups flour all-purpose
- ☐ 0.3 cup german chocolate sweet grated
- ☐ 0.5 cup german chocolate sweet grated
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 cup ground pecans
- ☐ 1 pinch salt

☐ 2 teaspoons vanilla extract

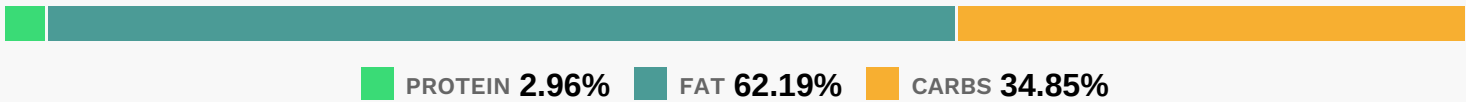
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap

Directions

- ☐ In a large bowl, cream the butter and 1/3 cup confectioner's sugar until light and fluffy.
- ☐ Add the vanilla extract.
- ☐ In a separate bowl, combine the flour, ground pecans, 1/2 cup ground chocolate, cinnamon and salt; mix well.
- ☐ Gradually add the dry ingredients to the creamed mixture.
- ☐ Wrap dough in plastic wrap and chill 1 to 2 hours, or until firm.
- ☐ Preheat oven to 325 degrees F (180 degrees C).
- ☐ Shape the dough into 1-inch balls.
- ☐ Place balls 1 inch apart on an ungreased baking sheet.
- ☐ Bake 15 to 18 minutes, or until the cookies are firm to the touch. Cool 1 minute on the baking sheet, then transfer to a wire rack.
- ☐ For the coating, sift 1/2 cup of the confectioner's sugar and 1/4 cup of the ground cocoa into a shallow bowl. While cookies are still warm, roll them in the coating.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:7.58, Inflammation Score:-3, Nutrition Score:4.1682608386745%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 283.11kcal (14.16%), Fat: 19.64g (30.21%), Saturated Fat: 9.66g (60.39%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.74g (8.63%), Sugar: 11.98g (13.31%), Cholesterol: 30.5mg (10.17%), Sodium: 94.1mg (4.09%), Alcohol: 0.17g (100%), Alcohol %: 0.42% (100%), Protein: 2.1g (4.21%), Manganese: 0.39mg (19.47%), Vitamin B1: 0.15mg (9.93%), Iron: 1.66mg (9.25%), Selenium: 5.05µg (7.22%), Vitamin A: 358.29IU (7.17%), Folate: 26.81µg (6.7%), Vitamin B2: 0.08mg (4.83%), Copper: 0.1mg (4.75%), Vitamin B3: 0.89mg (4.44%), Fiber: 1.01g (4.05%), Phosphorus: 35.4mg (3.54%), Vitamin E: 0.43mg (2.84%), Magnesium: 10.89mg (2.72%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.13mg (1.29%), Potassium: 44.67mg (1.28%), Vitamin K: 1.28µg (1.22%), Calcium: 10.85mg (1.08%)