



Christmas Logs

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 2 tablespoons bread crumbs dried
- ☐ 2 cups butter
- ☐ 1 eggs
- ☐ 3 egg whites
- ☐ 3 egg yolks
- ☐ 8 cups flour all-purpose
- ☐ 2 tablespoons ground cinnamon

- ☐ 2 cups heavy whipping cream
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 4 cups ground walnuts
- ☐ 1.3 cups sugar white

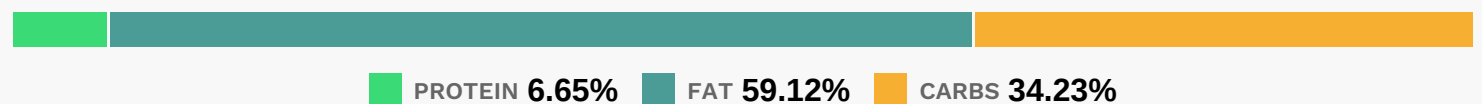
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine the flour, yeast and butter or margarine by hand until mixture is crumbly. Stir in the egg, egg yolks, heavy cream, salt and vanilla.
- ☐ Mix together and let stand in the refrigerator for 8 hours or overnight.
- ☐ Beat the egg whites until stiff peaks are formed.
- ☐ Mix the walnuts, 1 1/3 cups of the sugar, the cinnamon and bread crumbs. Stir in the egg whites and let the mixture stand for 1 hour.
- ☐ Divide the dough into fourths. On a surface sprinkled with white sugar, roll 1/4 of the dough out very thin (you should be almost able to see through the dough) into a rectangular or square shape.
- ☐ Spread 1/4 of the filling over the rolled dough.
- ☐ Cut the dough into 2 1/2x2 1/2 inch squares.
- ☐ Roll each square up like a jelly roll and place on a baking sheet. Repeat with the remaining dough and filling. Keep the dough you aren't working with in the refrigerator.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 20 minutes. Keep a close eye on these cookies as they tend to burn easily because of the sugar that is on the dough.

Nutrition Facts



Properties

Glycemic Index:3.06, Glycemic Load:10.35, Inflammation Score:-3, Nutrition Score:4.4060869566772%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg

Nutrients (% of daily need)

Calories: 181.44kcal (9.07%), Fat: 12.17g (18.72%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 14.88g (5.41%), Sugar: 4.16g (4.62%), Cholesterol: 31.4mg (10.47%), Sodium: 80.5mg (3.5%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Protein: 3.08g (6.16%), Manganese: 0.36mg (17.99%), Vitamin B1: 0.15mg (9.87%), Folate: 36.29µg (9.07%), Selenium: 6.25µg (8.93%), Vitamin B2: 0.11mg (6.54%), Copper: 0.13mg (6.38%), Vitamin A: 270.83IU (5.42%), Iron: 0.91mg (5.06%), Phosphorus: 48.4mg (4.84%), Vitamin B3: 0.96mg (4.82%), Fiber: 0.97g (3.87%), Magnesium: 14.49mg (3.62%), Vitamin B6: 0.05mg (2.47%), Zinc: 0.36mg (2.41%), Vitamin E: 0.29mg (1.95%), Calcium: 18.57mg (1.86%), Vitamin B5: 0.17mg (1.72%), Potassium: 57.81mg (1.65%), Vitamin D: 0.16µg (1.06%)