



Classic Cup Christmas Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups confectioners' sugar
- ☐ 1.5 cups cherries dried
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon orange extract
- ☐ 4 teaspoons orange zest
- ☐ 0.5 cup pistachios chopped

- ☐ 1 cup butter unsalted
- ☐ 4 ounces vanilla confectioners' coating melted flavored

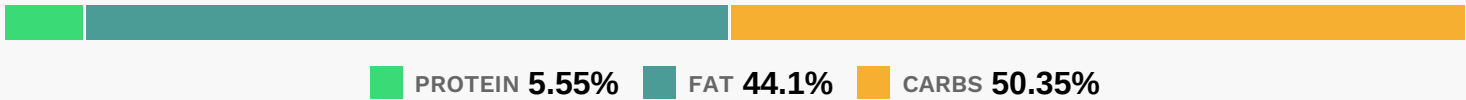
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wax paper

Directions

- ☐ In a medium bowl, cream together the butter and confectioners' sugar.
- ☐ Add egg, orange extract, and orange zest; mix until smooth. Sift together the flour and baking powder; stir into the creamed mixture. Then, stir in the dried cherries and chopped pistachios.
- ☐ Roll dough into a 10 inch long log about 2 1/2 inches in diameter, wrap in plastic or wax paper, and freeze for 2 hours. If dough is too difficult to form a log, refrigerate for 1 hour first.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease two cookie sheets.
- ☐ Cut roll into 1/2 inch slices and place onto the cookie sheet.
- ☐ Bake for 10 to 12 minutes in the preheated oven. Cool on the cookie sheet 1 to 2 minutes before removing to cool on a wire rack. Use melted candy coating to drizzle a striped pattern on the cookies when they are completely cool.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:6.63, Inflammation Score:-4, Nutrition Score:3.453043486761%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 194.87kcal (9.74%), Fat: 9.13g (14.04%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 22.12g (8.04%), Sugar: 12.1g (13.44%), Cholesterol: 27.16mg (9.05%), Sodium: 41.03mg (1.78%), Alcohol: 1.63g (100%), Alcohol %: 4.46% (100%), Protein: 2.58g (5.17%), Vitamin A: 527.24IU (10.54%), Vitamin B1: 0.12mg (7.76%), Selenium: 4.86µg (6.94%), Manganese: 0.12mg (6.14%), Folate: 24µg (6%), Fiber: 1.33g (5.32%), Iron: 0.85mg (4.72%), Vitamin B2: 0.08mg (4.69%), Phosphorus: 38.77mg (3.88%), Vitamin B3: 0.75mg (3.77%), Calcium: 35.28mg (3.53%), Copper: 0.06mg (2.86%), Vitamin B6: 0.05mg (2.7%), Vitamin E: 0.31mg (2.04%), Magnesium: 6.82mg (1.7%), Potassium: 51.52mg (1.47%), Vitamin D: 0.18µg (1.19%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.11mg (1.06%)