



Czechoslovakian Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



194 kcal

DESSERT

Ingredients

- 1 cup butter
- 2 egg yolk
- 2 cups flour all-purpose
- 0.3 teaspoon ground allspice
- 0.1 teaspoon ground cardamom
- 1 cup pecans chopped
- 0.5 cup strawberry jam
- 1 teaspoon vanilla extract

1 cup granulated sugar white

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease one 8 inch square baking dish.

Cream the butter until soft and fluffy.

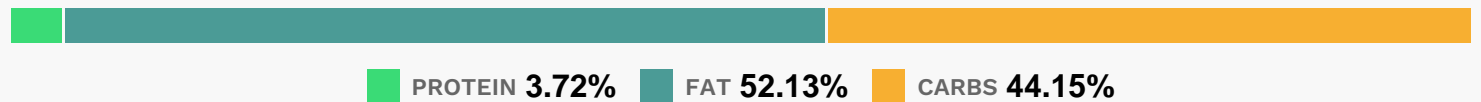
Add the white sugar gradually, until light and fluffy. Beat in the egg yolks.

Sift the cardamom, allspice and flour together. Gradually add it to the butter mixture and stir to combine well. Stir in the chopped pecans.

Spoon 1/2 of the dough into the prepared pan, spreading evenly. Top with strawberry jam and cover with the remaining dough.

Bake at 325 degrees F (165 degrees C) for 1 hour or until lightly browned. Cool then cut into 1 1/2 inch sized squares.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:14.23, Inflammation Score:-2, Nutrition Score:3.30869563507%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 194.29kcal (9.71%), Fat: 11.47g (17.65%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 21.06g (7.66%), Sugar: 12g (13.33%), Cholesterol: 36.54mg (12.18%), Sodium: 64.13mg (2.79%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.84g (3.68%), Manganese: 0.28mg (14.17%), Vitamin B1: 0.12mg (7.74%), Selenium: 4.83µg (6.9%), Folate: 23.32µg (5.83%), Vitamin A: 260.65IU (5.21%), Vitamin B2: 0.08mg (4.45%), Copper: 0.08mg (3.93%), Iron: 0.68mg (3.79%), Vitamin B3: 0.68mg (3.38%), Phosphorus: 33.35mg (3.33%), Fiber: 0.8g (3.21%), Vitamin E: 0.34mg (2.24%), Zinc: 0.33mg (2.19%), Magnesium: 8.41mg (2.1%), Vitamin B5: 0.14mg (1.42%), Potassium: 39.87mg (1.14%), Calcium: 10.64mg (1.06%), Vitamin B6: 0.02mg (1.06%)