



Fruitcake-Filled Icebox Cookies

 Vegetarian

READY IN



205 min.

SERVINGS



60

CALORIES



77 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 1 cup caster sugar
- 1 eggs
- 2 teaspoons rum extract
- 2.3 cups flour all-purpose
- 0.5 teaspoon salt
- 1.5 cups pecans finely chopped
- 16 oz frangelico

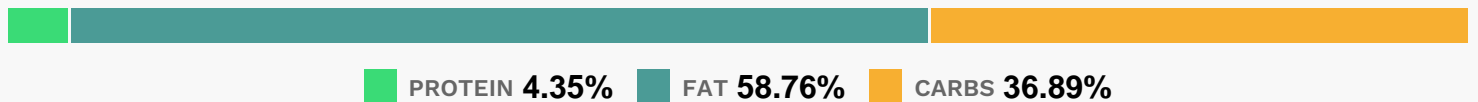
Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- hand mixer

Directions

- In large bowl, beat butter and sugar with electric mixer on medium speed until light and fluffy. Beat in egg and rum extract. On medium–low speed, beat in flour and salt until blended. Cover; refrigerate at least 1 hour.
- Cut fruitcake lengthwise in half. Shape each portion into 10 1/2–inch log on cooking parchment paper. Divide cookie dough in half. On lightly floured surface, roll each portion of dough into 11x9–inch rectangle.
- Place 1 fruitcake log on long edge of 1 dough rectangle; roll up jelly–roll fashion, starting from long side. Coat generously with nuts. Repeat with second portion of fruitcake and dough. Wrap tightly in plastic wrap; refrigerate 2 hours or until firm.
- Heat oven to 350°F. Unwrap dough; cut into 1/4–inch slices. On ungreased cookie sheets, place slices 3 inches apart.
- Bake 12 minutes or until lightly golden.
- Remove from cookie sheets to cooling racks.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:1.5078260840281%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 76.9kcal (3.85%), Fat: 5.16g (7.93%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.9g (2.51%), Sugar: 3.45g (3.84%), Cholesterol: 10.86mg (3.62%), Sodium: 44.87mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Manganese: 0.16mg (7.75%), Vitamin B1: 0.06mg (3.68%), Selenium: 1.98µg (2.82%), Folate: 9.64µg (2.41%), Copper: 0.04mg (2.01%), Vitamin A: 100.03IU (2%), Vitamin B2: 0.03mg (1.88%), Iron: 0.3mg (1.68%), Fiber: 0.39g (1.55%), Vitamin B3: 0.31mg (1.55%), Phosphorus: 14.97mg (1.5%), Zinc: 0.17mg (1.13%), Magnesium: 4.49mg (1.12%)