

 Vegetarian

ready

servings

calories

DESSERT

- ☐ 1 cup butter softened
- ☐ 0.8 cup confectioners' sugar
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.1 teaspoon rum extract flavored
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnuts finely chopped

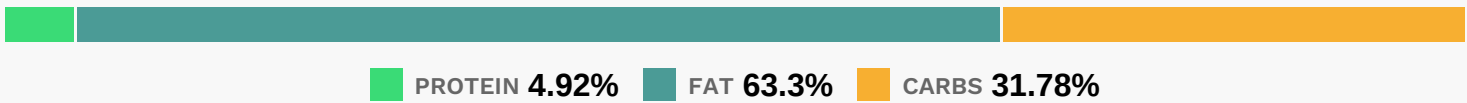
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Beat the butter or margarine in a large mixing bowl at medium speed until very creamy. Gradually add the 1/2 cup confectioners' sugar, beating until light and fluffy.
- ☐ Combine the flour, nuts and salt add to the butter mixture and beat until just blended. Stir in the rum extract. Shape cookies into 1inch balls and place on ungreased cookie sheets. Flatten cookies down.
- ☐ Bake at 325 degrees F (165 degrees C) for 12 to 15 minutes. When cool spread with Rum Glaze.
- ☐ Combine the 3/4 cup confectioners' sugar, milk and 1/8 teaspoon rum extract. Stir until smooth.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:2.92, Inflammation Score:-1, Nutrition Score:1.45999999991124%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 76.29kcal (3.81%), Fat: 5.49g (8.44%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.93g (2.14%), Cholesterol: 10.21mg (3.4%), Sodium: 42.83mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Manganese: 0.12mg (5.94%), Vitamin B1: 0.05mg (3.31%), Folate: 12.06µg (3.02%), Selenium: 1.95µg (2.79%), Vitamin A: 119.18IU (2.38%), Copper: 0.05mg (2.32%), Vitamin B2: 0.03mg (1.87%), Iron: 0.31mg (1.75%), Vitamin B3: 0.34mg (1.69%), Phosphorus: 15.51mg (1.55%), Magnesium: 5.13mg (1.28%), Fiber: 0.3g (1.22%)