



Gluten-free Mexican Wedding Cakes

 Gluten Free

READY IN



18 min.

SERVINGS



30

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup confectioners' sugar
- ☐ 0.3 cup cornstarch
- ☐ 0.3 teaspoon gelatin powder unflavored
- ☐ 1 cup hazelnuts chopped
- ☐ 0.5 cup rice flour white
- ☐ 0.3 cup tapioca flour
- ☐ 1 teaspoon vanilla extract gluten free

☐ 1 cup walnuts chopped

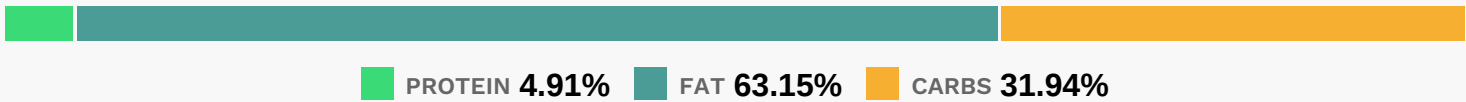
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the butter and vanilla until well blended. Sift together the confectioners' sugar, rice flour, cornstarch, tapioca starch and gelatin. Stir into the butter mixture until all of the dry ingredients have been absorbed.
- ☐ Mix in the ground hazelnuts and chopped hazelnuts. Form teaspoonfuls of dough into balls, and shape into crescents.
- ☐ Place cookies at least 2 inches apart onto ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, until golden brown. For crispier cookies, reduce heat to 325 degrees F (165 degrees C), and bake slightly longer. When cookies have cooled completely, dust with additional confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:1.51, Inflammation Score:-1, Nutrition Score:2.6969565328049%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 110.96kcal (5.55%), Fat: 8.08g (12.43%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.47g (3.08%), Sugar: 4.21g (4.68%), Cholesterol: 8.13mg (2.71%), Sodium: 24.66mg (1.07%), Alcohol: 0.05g (100%), Alcohol %: 0.28% (100%), Protein: 1.41g (2.83%), Manganese: 0.41mg (20.66%), Copper: 0.14mg (6.8%), Vitamin E: 0.72mg (4.79%), Magnesium: 13.75mg (3.44%), Phosphorus: 28.91mg (2.89%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.86%), Vitamin B6: 0.06mg (2.76%), Folate: 8.57µg (2.14%), Vitamin A: 96.13IU (1.92%), Iron: 0.33mg (1.84%), Zinc: 0.24mg (1.63%), Potassium: 47.85mg (1.37%), Selenium: 0.79µg (1.14%)