

Holiday Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



184 kcal

DESSERT

Ingredients

- 3 cups flour sifted
- 1 cup walnuts whole fine
- 1 tsp double-acting baking powder
- 1 cup sugar
- 0.8 cup butter
- 2 eggs
- 1 tsp vanilla
- 1.4 oz cherry gelatin

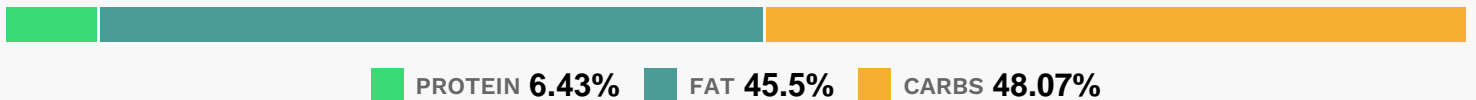
Equipment

- bowl
- baking paper
- oven
- blender
- cookie cutter

Directions

- In a large bowl combine the butter and sugar and mix until smooth.
- Add eggs and vanilla and continue to mix on low.
- Combine the baking powder with the flour and add slowly, while the mixer is on low, to the butter mixture.
- Add the finely chopped walnuts and the package of cherry gelatin to the batter.
- Form the dough into a disc and roll out to a quarter inch thickness. Using cookie cutters form into your favorite holiday shapes.
- Place cookies on parchment paper and bake 10 to 12 minutes or until slightly golden on edges.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:14.56, Inflammation Score:-2, Nutrition Score:3.9682608695652%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Taste

Sweetness: 100%, Saltiness: 15.46%, Sourness: 4.2%, Bitterness: 12.47%, Savoriness: 13.69%, Fattiness: 75.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 183.85kcal (9.19%), Fat: 9.46g (14.55%), Saturated Fat: 4.08g (25.53%), Carbohydrates: 22.49g (7.5%), Net Carbohydrates: 21.74g (7.91%), Sugar: 9.95g (11.05%), Cholesterol: 28.89mg (9.63%), Sodium: 79.35mg (3.45%), Protein: 3.01g (6.01%), Manganese: 0.28mg (13.75%), Selenium: 6.89µg (9.85%), Vitamin B1: 0.14mg (9.41%), Folate: 35.36µg (8.84%), Vitamin B2: 0.11mg (6.24%), Iron: 0.96mg (5.33%), Copper: 0.11mg (5.27%), Vitamin B3: 0.98mg (4.92%), Phosphorus: 49.25mg (4.92%), Vitamin A: 198.05IU (3.96%), Fiber: 0.75g (3%), Magnesium: 11.83mg (2.96%), Calcium: 22.29mg (2.23%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (1.98%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.16mg (1.61%), Potassium: 45.56mg (1.3%)