



## Italian Christmas Cookies

READY IN



45 min.

SERVINGS



100

CALORIES



68 kcal

DESSERT

### Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 24 ounce figs dried
- ☐ 3 eggs well beaten
- ☐ 4.5 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1.3 cups shortening
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

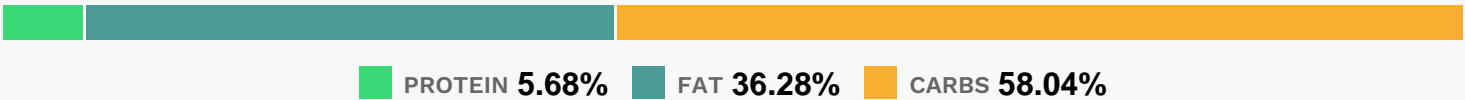
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender

## Directions

- ☐ Combine flour and baking powder in a large mixing bowl; stir well.
- ☐ Cut in shortening with a pastry blender until mixture resembles coarse meal. Make a well in center of mixture, and set aside.
- ☐ Combine sugar, milk, and vanilla in a small saucepan. Cook over medium heat, stirring constantly, until sugar dissolves.
- ☐ Remove from heat, and gradually stir in eggs.
- ☐ Pour into reserved flour mixture, stirring just until dry ingredients are moistened.
- ☐ Knead 3 to 4 times on a lightly floured surface.
- ☐ Roll to 1/4-inch thickness; cut into 1 1/2-inch squares.
- ☐ Place a fig in the center of each square; press dough around fig.
- ☐ Place cookies, seam side down, on greased cookie sheets.
- ☐ Bake at 350 for 12 to 15 minutes.
- ☐ Remove from cookie sheets, and cool completely on wire racks.
- ☐ Spread frosting over tops of cookies.

## Nutrition Facts



## Properties

Glycemic Index:3.06, Glycemic Load:5.33, Inflammation Score:-1, Nutrition Score:1.6547826343904%

Nutrients (% of daily need)

Calories: 68.38kcal (3.42%), Fat: 2.84g (4.36%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.39g (3.41%), Sugar: 4.82g (5.36%), Cholesterol: 5.01mg (1.67%), Sodium: 11.58mg (0.5%), Alcohol: 0.01g (100%), Alcohol %: 0.09% (100%), Protein: 1g (2%), Manganese: 0.07mg (3.68%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.38µg (3.4%), Fiber: 0.82g (3.28%), Folate: 11.53µg (2.88%), Iron: 0.43mg (2.41%), Vitamin B2: 0.04mg (2.4%), Vitamin K: 2.45µg (2.33%), Vitamin B3: 0.38mg (1.88%), Calcium: 18.35mg (1.84%), Potassium: 55.43mg (1.58%), Phosphorus: 15.82mg (1.58%), Magnesium: 6.15mg (1.54%), Copper: 0.03mg (1.44%), Vitamin E: 0.2mg (1.33%)