



## Italian Frosted Chocolate Cookies

READY IN



555 min.

SERVINGS



100

CALORIES



97 kcal

DESSERT

### Ingredients

- 0.3 cup double-acting baking powder
- 3 cups confectioners' sugar as needed
- 8 ounce cream cheese softened
- 5 eggs
- 7 cups flour all-purpose
- 1.5 teaspoons ground allspice
- 1.5 teaspoons ground cinnamon
- 1.5 teaspoons ground cloves
- 0.5 cup butter parkay® (such as )

- 0.3 cup orange juice
- 1 large orange zest
- 1 teaspoon salt
- 1 cup cocoa powder unsweetened (such as Hershey's®)
- 1 teaspoon vanilla extract to taste
- 0.5 cup vegetable shortening crisco® (such as )
- 0.5 cup walnuts chopped
- 2 cups sugar white
- 3 tablespoons milk whole as needed

## Equipment

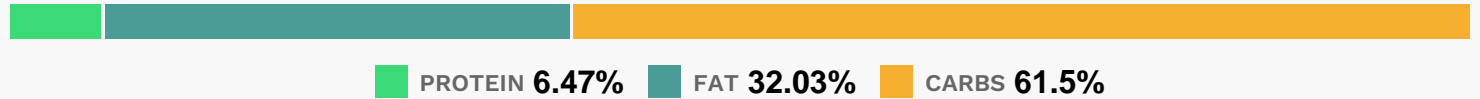
- bowl
- baking sheet
- oven
- whisk
- hand mixer

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Whisk flour, white sugar, cocoa powder, baking powder, cinnamon, cloves, allspice, and salt in a large bowl. Stir orange zest into flour mixture.
- Mix vegetable shortening and margarine into dry ingredients, using your hands, until mixture is crumbly.
- Beat eggs and vanilla extract in a bowl with an electric mixer until foamy; add egg mixture, 1/4 cup orange juice, and 1/4 cup milk to flour mixture and knead dough in the bowl until thoroughly combined and dough doesn't stick to your hands, about 8 minutes. Dough will be stiff. Knead cream cheese thoroughly into dough, followed by walnuts.
- Form dough into balls about 1 1/2 inches in diameter and place onto ungreased baking sheets.
- Bake cookies in the preheated oven until lightly browned, 12 to 14 minutes. Cool cookies on racks.

- Beat 3 tablespoons milk, 1 teaspoon orange juice, and 1 cup confectioners' sugar in a bowl until smooth; gradually beat in remaining confectioners' sugar until frosting is thick and drizzles slowly from a spoon.
- Dip tops of cookies into frosting and place frosted cookies on racks with waxed paper underneath to catch drips.
- Let cookies dry overnight.

## Nutrition Facts



### Properties

Glycemic Index:3.94, Glycemic Load:7.86, Inflammation Score:-1, Nutrition Score:2.472608703634%

### Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 96.68kcal (4.83%), Fat: 3.55g (5.46%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.69g (5.34%), Sugar: 7.74g (8.6%), Cholesterol: 10.53mg (3.51%), Sodium: 107.71mg (4.68%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.61g (3.23%), Manganese: 0.14mg (6.91%), Selenium: 4.05µg (5.78%), Vitamin B1: 0.07mg (4.94%), Folate: 18.35µg (4.59%), Calcium: 43.12mg (4.31%), Phosphorus: 38.46mg (3.85%), Vitamin B2: 0.06mg (3.79%), Iron: 0.66mg (3.69%), Copper: 0.06mg (2.89%), Vitamin B3: 0.55mg (2.76%), Fiber: 0.64g (2.57%), Magnesium: 8.09mg (2.02%), Vitamin A: 85.83IU (1.72%), Zinc: 0.18mg (1.22%), Vitamin E: 0.15mg (1.03%), Vitamin B5: 0.1mg (1.02%)