



Italian Spumoni Cookies (

 Vegetarian

READY IN



55 min.

SERVINGS



14

CALORIES



383 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup cherries dried
- ☐ 1 large egg plus egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1 cup brown sugar light
- ☐ 1 cup pistachios chopped

- ☐ 0.8 cup butter salted melted
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat the oven to 325 degrees F. Line two baking sheets with parchment paper.
- ☐ Mix the flour, baking powder and salt in a small bowl and set aside.
- ☐ In a large bowl, whisk the butter, brown sugar and granulated sugar until combined.
- ☐ Add in the whole egg, egg yolk and almond and vanilla extracts.
- ☐ Mix until incorporated.
- ☐ Slowly fold the flour mixture into the sugar-egg mixture with a rubber spatula until even. Fold in the chocolate chips, pistachios and cherries.
- ☐ Divide the batter into about 1/4 cup balls and space about 2 inches apart on the prepared baking sheets.
- ☐ Bake for 10 minutes. Rotate the sheets 180 degrees, switch racks and then bake until slightly golden brown, an additional 8 to 10 minutes.
- ☐ Let cool, and eat on Christmas morning with a hot cup of coffee and amongst piles of wrapping paper and elated pajama'd kids.

Nutrition Facts



 **PROTEIN 5.18%**  **FAT 44.72%**  **CARBS 50.1%**

Properties

Glycemic Index:21.79, Glycemic Load:15.16, Inflammation Score:-5, Nutrition Score:7.6482608499734%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 382.62kcal (19.13%), Fat: 19.3g (29.69%), Saturated Fat: 9.72g (60.72%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 45.81g (16.66%), Sugar: 30.14g (33.49%), Cholesterol: 40.03mg (13.34%), Sodium: 142.39mg (6.19%), Alcohol: 0.2g (100%), Alcohol %: 0.31% (100%), Caffeine: 11.06mg (3.69%), Protein: 5.03g (10.07%), Manganese: 0.41mg (20.5%), Copper: 0.31mg (15.48%), Vitamin B1: 0.22mg (14.9%), Selenium: 8.78µg (12.55%), Iron: 2.22mg (12.35%), Fiber: 2.82g (11.29%), Phosphorus: 107.21mg (10.72%), Vitamin A: 517.98IU (10.36%), Folate: 39.45µg (9.86%), Magnesium: 39.01mg (9.75%), Vitamin B6: 0.17mg (8.64%), Vitamin B2: 0.12mg (7.12%), Vitamin B3: 1.3mg (6.51%), Potassium: 208.23mg (5.95%), Calcium: 49.85mg (4.99%), Zinc: 0.7mg (4.69%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 1.84µg (1.75%), Vitamin B12: 0.07µg (1.12%)