



Italian Wedding Cookies III



Vegetarian



Popular

READY IN



80 min.

SERVINGS



80

CALORIES



64 kcal

DESSERT

Ingredients

- ☐ 0.8 cup confectioners' sugar
- ☐ 3 cups flour all-purpose sifted
- ☐ 1.5 cups ground almonds finely
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups butter unsalted
- ☐ 4.5 teaspoons vanilla extract

Equipment

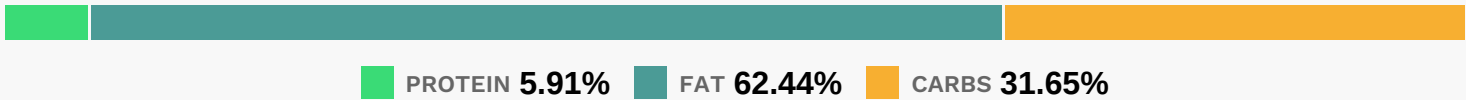
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Cream butter or margarine in a bowl, gradually add confectioners' sugar and salt. Beat until light and fluffy.
- ☐ Add almonds and vanilla. Blend in flour gradually and mix well.
- ☐ Shape into balls (or crescents) using about 1 teaspoon for each cookie.
- ☐ Place on ungreased cookie sheets, and bake for 15–20 min. Do not brown. Cool slightly, then roll in the extra confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:0.94, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:0.90913043883832%

Nutrients (% of daily need)

Calories: 64.47kcal (3.22%), Fat: 4.54g (6.98%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.83g (1.76%), Sugar: 1.22g (1.35%), Cholesterol: 9.15mg (3.05%), Sodium: 22.41mg (0.97%), Alcohol: 0.08g (100%), Alcohol %: 0.79% (100%), Protein: 0.97g (1.93%), Vitamin B1: 0.04mg (2.47%), Selenium: 1.64µg (2.34%), Folate: 8.71µg (2.18%), Vitamin A: 106.36IU (2.13%), Iron: 0.3mg (1.66%), Manganese: 0.03mg (1.64%), Vitamin B2: 0.03mg (1.47%), Vitamin B3: 0.28mg (1.4%), Fiber: 0.35g (1.4%)