



Johnny's Impossible Tawdry Mexican Wedding Cookies

 Vegetarian

READY IN



76 min.

SERVINGS



65

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 3 sticks butter cut into pieces, room temperature
- ☐ 2 cups confectioners' sugar
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons grade a amber maple syrup dark
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 cup tapioca flour tapioca flour

- ☐ 1 teaspoon vanilla extract
- ☐ 1.8 cups walnut pieces

Equipment

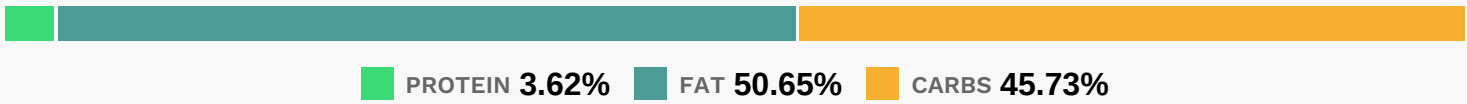
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Pulse the walnuts in a food processor until the consistency of coarse cornmeal (twenty 2 second pulses). In a separate bowl, sift together the flour, tapioca and salt. In the bowl of a stand mixer or in a large bowl, using an electric hand mixer, add the butter and sugar and blend until smooth. Stir in the maple syrup and vanilla.
- ☐ Add the dry ingredients in thirds, using the paddle attachment on your mixer, at slow speed. Once the mixture has pulled together, mix at a slightly higher speed to fully incorporate the ingredients. Finally, add the walnuts and mix briefly to combine.
- ☐ Roll the dough into ball, flatten into a disk, wrap in plastic wrap, and chill for 1/2 hour.
- ☐ Preheat the oven to 350 degrees F. Line baking sheets with parchment paper.
- ☐ Measure 1 tablespoon of the dough into your hand, roll into a log with tapered ends and shape into a crescent. Repeat with remaining dough. Arrange the cookies, about 1-inch apart, on the baking sheets.
- ☐ Bake just until the bottom edges start to turn golden, about 14 to 16 minutes.
- ☐ Remove from the oven and cool on the cookie sheets for 10 minutes, then transfer to a rack until completely cool, about 20 minutes.

- ☐
- Put the confectioners' sugar in a shallow bowl, and dredge the cookies, 1 at a time, tapping off excess sugar.
- ☐
- Add 1 teaspoon of good quality cinnamon, and 1 cup of mini morsels (recommended, Nestle's) to the dough. You can also flavor the confectioners' sugar by sifting it with 2 tablespoons of cocoa powder, for wonderful results.

Nutrition Facts



Properties

Glycemic Index:3.87, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:1.6486956511179%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 109.69kcal (5.48%), Fat: 6.34g (9.75%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.54g (4.56%), Sugar: 7.16g (7.95%), Cholesterol: 11.21mg (3.74%), Sodium: 42.8mg (1.86%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.02g (2.04%), Manganese: 0.15mg (7.75%), Vitamin B1: 0.05mg (3.28%), Folate: 12.04µg (3.01%), Copper: 0.06mg (2.88%), Selenium: 1.88µg (2.68%), Vitamin A: 130.96IU (2.62%), Vitamin B2: 0.04mg (2.32%), Iron: 0.34mg (1.9%), Phosphorus: 17.59mg (1.76%), Vitamin B3: 0.32mg (1.61%), Magnesium: 6.28mg (1.57%), Fiber: 0.34g (1.36%)