



Joyce's Kanellas

 Vegetarian

READY IN



120 min.

SERVINGS



2

CALORIES



3710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup firmly brown sugar dark packed
- 1.3 cups butter softened
- 2 teaspoons cinnamon
- 3 large eggs
- 6 cups flour
- 1 cup hazelnuts chopped
- 0.5 cup maple syrup

- 1 teaspoon salt
- 0.5 cup sugar
- 2 teaspoons vanilla
- 4 tablespoons whipping cream sour

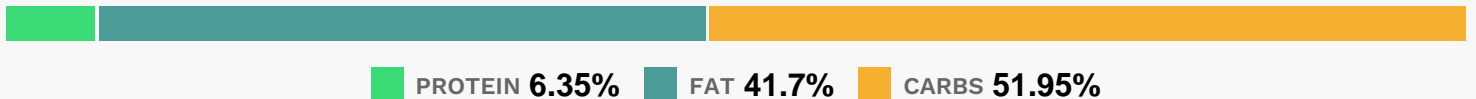
Equipment

- bowl
- baking sheet
- oven
- wooden spoon

Directions

- Preheat oven to 35
- In a large bowl, cream together butter and sugars. Beat in eggs, cream, maple syrup, and vanilla.
- In a medium bowl, sift together flour, baking powder, cinnamon, and salt. In 3 batches, beat into wet ingredients. Stir in nuts with a wooden spoon.
- Roll the dough into 1-in. balls. Then roll out into fingers roughly the size of your pinkie, and lay out on ungreased baking sheets in the shape of a crescent. (If dough starts to get sticky, chill it for a few minutes; it will be easier to work with.)
- Bake cookies until they're medium brown underneath and on edges, 20 to 25 minutes, switching position of pans halfway through baking.
- Let cool on racks.

Nutrition Facts



Properties

Glycemic Index:171.8, Glycemic Load:263.44, Inflammation Score:-10, Nutrition Score:62.543912908305%

Flavonoids

Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg

Nutrients (% of daily need)

Calories: 3710.22kcal (185.51%), Fat: 173.37g (266.72%), Saturated Fat: 85.44g (533.97%), Carbohydrates: 485.86g (161.95%), Net Carbohydrates: 468.84g (170.49%), Sugar: 183.57g (203.96%), Cholesterol: 617.93mg (205.98%), Sodium: 2652.5mg (115.33%), Alcohol: 1.38g (100%), Alcohol %: 0.19% (100%), Protein: 59.43g (118.85%), Manganese: 8.55mg (427.6%), Vitamin B1: 3.43mg (228.44%), Selenium: 155.27µg (221.82%), Vitamin B2: 3.4mg (200.24%), Folate: 795.7µg (198.93%), Iron: 22.91mg (127.29%), Vitamin B3: 23.55mg (117.77%), Vitamin E: 13.63mg (90.84%), Vitamin A: 4409.36IU (88.19%), Phosphorus: 871.41mg (87.14%), Copper: 1.68mg (84.13%), Fiber: 17.01g (68.06%), Calcium: 633.46mg (63.35%), Magnesium: 221.36mg (55.34%), Zinc: 5.9mg (39.33%), Vitamin B5: 3.69mg (36.93%), Potassium: 1282.73mg (36.65%), Vitamin B6: 0.68mg (34.15%), Vitamin K: 21.39µg (20.37%), Vitamin B12: 0.96µg (15.94%), Vitamin D: 1.98µg (13.2%), Vitamin C: 4.04mg (4.89%)