



Meatball Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



105 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 0.5 cup butter
- 4 cups confectioners' sugar
- 3 eggs
- 3 cups flour all-purpose
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon

- 1 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 0.5 cup milk
- 1 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 1 cup walnuts chopped
- 1.5 cups sugar white

Equipment

- bowl
- baking sheet
- oven
- wax paper

Directions

- Preheat oven to 350 degrees F (180 degrees C). Grease cookie sheets.
- Cream the butter margarine or shortening, white sugar, eggs and vanilla.
- In a separate bowl, stir the flour, 2/3 cup cocoa, baking powder, baking soda, salt and spices.
- Add flour mixture to butter mixture. If too sticky add more flour, if too dry add a little milk.
- Add nuts and mix with hands. Must be of consistency to roll into little 1/2 - 1 inch balls.
- After you have cookie dough to handling consistency by adjusting it with either the flour or milk, roll into little balls, place on the cookie sheet and bake for about 10-12 minutes, cookie should be firm. Do not overcook.
- Remove from oven, let rest on the sheet for a few moments and remove to wax paper. When cool, frost with confectioner's sugar and cocoa glaze.
- Combine 4 cups confectioner's sugar, 1/4 cup cocoa, add about 1/2 cup milk. Consistency should be of a glaze.
- Pour small amount of glaze over each cookie (about 1 tsp.). Decorate with sprinkles while glaze is still wet.

Nutrition Facts

PROTEIN 5.09% FAT 26.76% CARBS 68.15%

Properties

Glycemic Index:7.25, Glycemic Load:7.04, Inflammation Score:-1, Nutrition Score:1.9343478221284%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 105.41kcal (5.27%), Fat: 3.22g (4.95%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 17.97g (6.54%), Sugar: 13.02g (14.46%), Cholesterol: 12.5mg (4.17%), Sodium: 93.36mg (4.06%), Alcohol: 0.05g (100%), Alcohol %: 0.21% (100%), Protein: 1.38g (2.76%), Manganese: 0.15mg (7.6%), Selenium: 3.08µg (4.4%), Vitamin B1: 0.06mg (3.88%), Folate: 14.59µg (3.65%), Vitamin B2: 0.05mg (2.99%), Copper: 0.06mg (2.84%), Iron: 0.46mg (2.58%), Phosphorus: 25.32mg (2.53%), Vitamin B3: 0.41mg (2.03%), Fiber: 0.47g (1.89%), Magnesium: 7.02mg (1.75%), Calcium: 14.33mg (1.43%), Vitamin A: 63.19IU (1.26%), Zinc: 0.17mg (1.14%)