



## Mexican Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



134 kcal

DESSERT

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons milk
- ☐ 0.5 cup powdered sugar
- ☐ 0.8 teaspoon salt    salted (omit if using butter)
- ☐ 0.5 ounce bittersweet chocolate    grated
- ☐ 8 ounces butter    unsalted softened

- ☐ 1.5 teaspoons mexican vanilla pure
- ☐ 7.9 ounces to) all-purpose

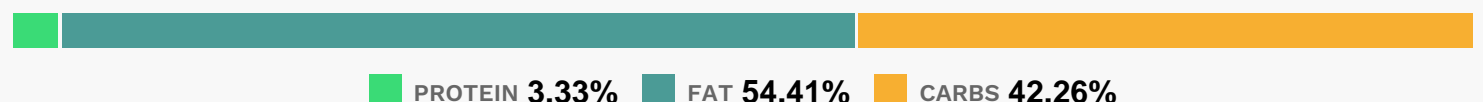
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil

## Directions

- ☐ In a large mixing bowl using an electric mixer, beat the butter until creamy. Beat in the salt, powdered sugar, milk, vanilla and cinnamon, scraping the sides of the bowl often, until mixture is smooth. Beat in the baking powder. When it's thoroughly mixed in, add the flour and stir by hand until it's well mixed. The batter should be soft, yet sturdy enough to shape. With a level tablespoon, scoop up the dough and shape into 24 balls.
- ☐ Place the balls on a plate and chill for 2 hours or if baking ahead, chill until very firm, then put in a heavy duty zipper bag and freeze. When ready to bake, bring the dough balls to room temperature. Preheat the oven to 325 degrees F. Arrange the dough balls, spacing about 2 1/2 inches apart on ungreased baking sheets, then press the balls into 2 inch rounds.
- ☐ Bake 20 to 25 minutes or until the edges are golden brown. Meanwhile, mix the sugar, chocolate and cinnamon in a small bowl.
- ☐ Remove warm cookies from baking sheets and let cool for about 3 minutes on a wire rack set over a sheet of foil. Spoon coating over the cookies, letting it fall down onto the foil. Scoop fallen coating off the foil and use it to coat the bottom of the cookies.
- ☐ Let cool completely before serving.

## Nutrition Facts



## Properties

Glycemic Index:13.96, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:1.9356521627177%

## Nutrients (% of daily need)

Calories: 133.74kcal (6.69%), Fat: 8.16g (12.56%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.94g (5.07%), Sugar: 6.94g (7.72%), Cholesterol: 20.84mg (6.95%), Sodium: 20.55mg (0.89%), Alcohol: 0.09g (100%), Alcohol %: 0.39% (100%), Protein: 1.13g (2.25%), Vitamin B1: 0.07mg (4.98%), Vitamin A: 242.56IU (4.85%), Selenium: 3.38µg (4.82%), Folate: 17.37µg (4.34%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.05mg (3.11%), Vitamin B3: 0.56mg (2.82%), Iron: 0.5mg (2.78%), Phosphorus: 18.89mg (1.89%), Calcium: 16.12mg (1.61%), Vitamin E: 0.23mg (1.56%), Fiber: 0.33g (1.33%), Copper: 0.02mg (1.16%), Vitamin D: 0.16µg (1.04%)