



Mexican Wedding Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



87 kcal

DESSERT

Ingredients

- 2 cups flour
- 1 cup butter room temperature (2 sticks)
- 0.1 teaspoon ground cinnamon
- 1 cup pecans toasted
- 2 cups powdered sugar
- 2 teaspoons vanilla extract

Equipment

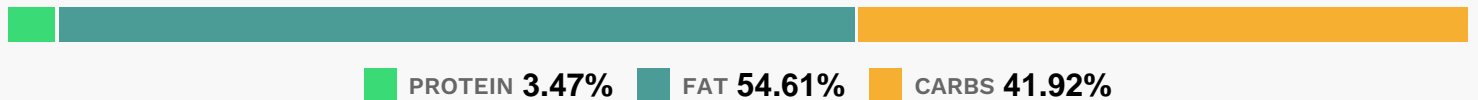
- bowl

- baking sheet
- oven
- whisk
- hand mixer
- pie form

Directions

- Using electric mixer, beat butter in large bowl until light and fluffy.
- Add 1/2 cup powdered sugar and vanilla; beat until well blended. Beat in flour, then pecans. Divide dough in half; form each half into ball. Wrap separately in plastic; chill until cold, about 30 minutes.
- Preheat oven to 350°F.
- Whisk remaining 1 1/2 cups powdered sugar and cinnamon in pie dish to blend. Set cinnamon sugar aside.
- Working with half of chilled dough, roll dough by 2 teaspoonfuls between palms into balls. Arrange balls on heavy large baking sheet, spacing 1/2 inch apart.
- Bake cookies until golden brown on bottom and just pale golden on top, about 18 minutes. Cool cookies 5 minutes on baking sheet. Gently toss warm cookies in cinnamon sugar to coat completely.
- Transfer coated cookies to rack and cool completely. Repeat procedure with remaining half of dough. (Cookies can be prepared 2 days ahead. Store airtight at room temperature; reserve remaining cinnamon sugar.)
- Sift remaining cinnamon sugar over cookies and serve.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:1.3982608641457%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 87.06kcal (4.35%), Fat: 5.37g (8.26%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.94g (3.25%), Sugar: 5.01g (5.57%), Cholesterol: 10.17mg (3.39%), Sodium: 30.63mg (1.33%), Alcohol: 0.06g (100%), Alcohol %: 0.42% (100%), Protein: 0.77g (1.54%), Manganese: 0.13mg (6.49%), Vitamin B1: 0.05mg (3.65%), Selenium: 1.92µg (2.74%), Folate: 10.13µg (2.53%), Vitamin A: 119.35IU (2.39%), Vitamin B2: 0.03mg (1.83%), Vitamin B3: 0.33mg (1.67%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.64%), Fiber: 0.34g (1.37%), Phosphorus: 12.49mg (1.25%)