



Mexican Wedding Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 0.5 lb butter at room temperature
- ☐ 2 cups flour all-purpose
- ☐ 1.7 cups powdered sugar
- ☐ 2 teaspoons vanilla
- ☐ 1 cup walnuts minced

Equipment

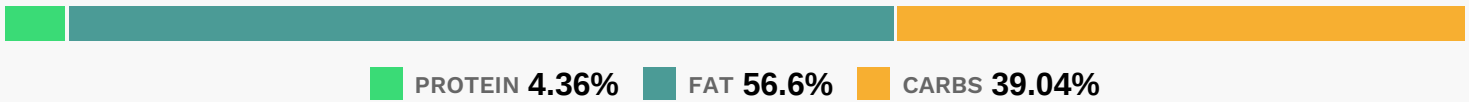
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ In a bowl, with an electric mixer on low speed, or in a food processor, beat or whirl butter, 1/3 cup powdered sugar, and the vanilla and flour until smooth and well blended. Stir in walnuts.
- ☐ Shape dough into 3/4-inch balls and place about 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- ☐ Bake in a 300 oven until cookies are pale golden brown, 15 to 20 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- ☐ Let cool on sheets for 5 minutes.
- ☐ Place remaining 1 1/3 cups powdered sugar in a shallow bowl. Gently turn warm cookies in sugar, a few at a time, then set on racks to cool. When cool, coat cookies again with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:1.45, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.69739130268926%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 41.02kcal (2.05%), Fat: 2.63g (4.04%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2g (2.23%), Cholesterol: 4.88mg (1.63%), Sodium: 14.7mg (0.64%), Alcohol: 0.03g (100%), Alcohol %: 0.44% (100%), Protein: 0.46g (0.91%), Manganese: 0.06mg (2.86%), Vitamin B1: 0.02mg (1.58%), Folate: 5.79µg (1.45%), Selenium: 0.94µg (1.34%), Vitamin A: 56.91IU (1.14%), Copper: 0.02mg (1.12%)