



Mexican Wedding Cakes (Cookie Exchange Quantity)

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



1141 kcal

DESSERT

Ingredients

- 2 cups butter softened
- 4.5 cups flour all-purpose gold medal®
- 1 cup nuts finely chopped
- 1 cup powdered sugar
- 6 servings powdered sugar
- 0.5 teaspoon salt
- 2 teaspoons vanilla

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 400°F. In large bowl, mix 1 cup powdered sugar, the butter and vanilla. Stir in flour, nuts and salt until dough holds together.
- Shape dough into 1-inch balls.
- Place about 1 inch apart on ungreased cookie sheet.
- Bake 10 to 12 minutes or until set but not brown.
- Roll in additional powdered sugar while warm. Cool completely on wire rack, about 30 minutes.
- Roll in powdered sugar again.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:52.92, Inflammation Score:-9, Nutrition Score:21.163913005072%

Nutrients (% of daily need)

Calories: 1140.61kcal (57.03%), Fat: 74.18g (114.12%), Saturated Fat: 14.44g (90.23%), Carbohydrates: 106.42g (35.47%), Net Carbohydrates: 101.73g (36.99%), Sugar: 27.81g (30.9%), Cholesterol: 0mg (0%), Sodium: 912.76mg (39.69%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 14.52g (29.04%), Manganese: 1.11mg (55.45%), Vitamin A: 2710.2IU (54.2%), Vitamin B1: 0.79mg (52.78%), Folate: 184.32µg (46.08%), Selenium: 31.95µg (45.64%), Vitamin B3: 6.69mg (33.43%), Vitamin B2: 0.55mg (32.1%), Iron: 5.26mg (29.21%), Phosphorus: 223.13mg (22.31%), Copper: 0.44mg (22.25%), Magnesium: 77.06mg (19.27%), Fiber: 4.69g (18.76%), Vitamin E: 2.4mg (16.01%), Zinc: 1.57mg (10.49%), Potassium: 277.95mg (7.94%), Vitamin B5: 0.76mg (7.64%), Vitamin B6: 0.12mg (5.97%), Calcium: 54.11mg (5.41%), Vitamin B12: 0.08µg (1.26%)