



Mountain Cookies II

READY IN



45 min.

SERVINGS



48

CALORIES



41 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 0.5 cup coconut or flaked
- 0.5 cup confectioners' sugar
- 3 ounce cream cheese softened
- 2 tablespoons flour all-purpose
- 0.5 cup pecans chopped
- 0.5 teaspoon salt
- 0.5 cup semi chocolate chips
- 1 teaspoon vanilla extract

2 tablespoons water

Equipment

baking sheet

sauce pan

oven

mixing bowl

Directions

Preheat oven to 350 degrees F (180 degrees C).

To Make Dough: In a mixing bowl, cream 1 cup butter, 1 cup confectioner's sugar and 2 teaspoons vanilla.

Combine 2 cups flour and 1/2 teaspoon salt. Gradually add to the creamed mixture and mix well.

Shape into 1 inch balls; place 2 inches apart on ungreased baking sheets. Make a deep indentation in the center of each cookie.

Bake for 10 to 12 minutes or until the edges just start to brown.

Remove to wire racks to cool completely.

To Make Filling: Beat cream cheese, 1 cup confectioner's sugar, 2 tablespoons flour, and 1 teaspoon vanilla in a mixing bowl.

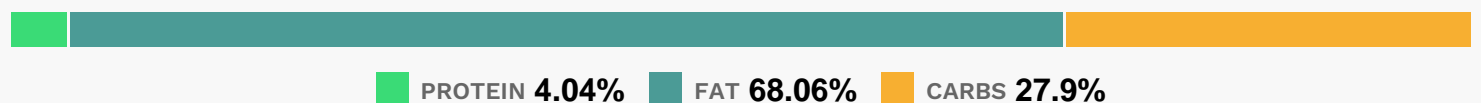
Add pecans and coconut; mix well.

Spoon 1/2 teaspoon of the filling into each cookie.

Heat chocolate chips, 2 tablespoons butter or margarine and water in a small saucepan until melted. Stir in 1/2 cup confectioner's sugar.

Drizzle over cookies.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.86043477957339%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 41.17kcal (2.06%), Fat: 3.19g (4.91%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.53g (0.92%), Sugar: 2.1g (2.33%), Cholesterol: 3.16mg (1.05%), Sodium: 34.12mg (1.48%), Alcohol: 0.03g (100%), Alcohol %: 0.42% (100%), Protein: 0.43g (0.85%), Manganese: 0.1mg (5.14%), Copper: 0.05mg (2.26%), Fiber: 0.41g (1.65%), Magnesium: 5.73mg (1.43%), Phosphorus: 12.22mg (1.22%), Iron: 0.19mg (1.08%)