



Neapolitan Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



96

CALORIES



45 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 0.3 cup candied cherries finely chopped
- ☐ 1 ounce chocolate square unsweetened melted
- ☐ 0.3 cup coconut or flaked
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 drops liquid food coloring red

- ☐ 0.5 teaspoon rum extract
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts finely chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy.
- ☐ Add sugar, beating until light and fluffy.
- ☐ Add egg and vanilla, beating until blended. Gradually add flour, baking powder, and salt, beating until blended.
- ☐ Divide dough into thirds; place each portion in a separate bowl. Stir chocolate and walnuts into 1 portion; chopped cherries and red food coloring into second portion; and coconut and rum extract into third portion.
- ☐ Line an 8-inch square baking dish with plastic wrap. Press chocolate mixture into dish. Top with rum mixture and cherry mixture, pressing gently. Cover and chill 8 hours.
- ☐ Cut dough evenly into 5 sections.
- ☐ Cut each section into 1/8-inch-thick slices. Arrange slices, 2 inches apart, on ungreased baking sheets.
- ☐ Bake at 375 for 8 to 10 minutes or until lightly browned.
- ☐ Remove to wire racks to cool. Freeze up to 1 month, if desired.

Nutrition Facts



 **PROTEIN 4.71%**  **FAT 50.68%**  **CARBS 44.61%**

Properties

Glycemic Index:2.68, Glycemic Load:3.27, Inflammation Score:-1, Nutrition Score:0.87956521336151%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg

Nutrients (% of daily need)

Calories: 45.23kcal (2.26%), Fat: 2.6g (4%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.34g (2.6%), Cholesterol: 1.94mg (0.65%), Sodium: 42.05mg (1.83%), Alcohol: 0.01g (100%), Alcohol %: 0.18% (100%), Protein: 0.54g (1.09%), Manganese: 0.06mg (2.84%), Selenium: 1.37µg (1.96%), Vitamin B1: 0.03mg (1.87%), Vitamin A: 87.47IU (1.75%), Folate: 6.73µg (1.68%), Iron: 0.24mg (1.34%), Vitamin B2: 0.02mg (1.23%), Copper: 0.02mg (1.18%), Vitamin B3: 0.2mg (1.02%)