



Neapolitan Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



78

CALORIES



45 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 2 tablespoons maraschino cherries chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce chocolate unsweetened melted
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts toasted chopped

☐ 0.5 cup sugar white

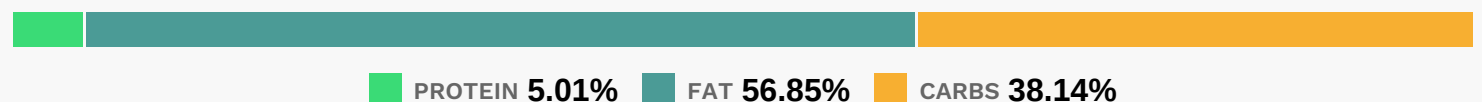
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Mix together butter or margarine, sugar, vanilla and egg.
- ☐ Stir in flour and salt. Divide dough into 3 equal parts.
- ☐ Mix nuts into one part.
- ☐ Mix melted and cooled chocolate into the second part.
- ☐ Mix cherries into remaining part.
- ☐ Line bottom and ends of loaf pan (9 x 5 x 3 inches) with aluminum foil; allow ends of foil to extend 5 inches over end of pan.
- ☐ Press nut dough evenly in bottom of pan. Press chocolate dough on top of nut dough. Press cherry dough on top of chocolate dough. Cover dough with the extended ends of foil.
- ☐ Refrigerate at least 2 hours but no longer than 6 weeks.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Remove foil and dough from pan and remove foil from dough.
- ☐ Cut dough crosswise into 1/4 inch slices and cut each slice across the dough layers into half so that each half contains three layers.
- ☐ Place 1 inch apart on ungreased cookie sheet.
- ☐ Bake until set (about 10 minutes). Immediately remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:2.76, Glycemic Load:2.89, Inflammation Score:-1, Nutrition Score:0.87956521668188%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg

Nutrients (% of daily need)

Calories: 44.78kcal (2.24%), Fat: 2.89g (4.44%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.46g (1.62%), Cholesterol: 8.36mg (2.79%), Sodium: 34.62mg (1.51%), Alcohol: 0.02g (100%), Alcohol %: 0.23% (100%), Protein: 0.57g (1.15%), Manganese: 0.05mg (2.65%), Selenium: 1.48µg (2.12%), Vitamin B1: 0.03mg (2.03%), Folate: 7.42µg (1.86%), Vitamin A: 76.02IU (1.52%), Iron: 0.25mg (1.41%), Vitamin B2: 0.02mg (1.33%), Copper: 0.02mg (1.2%), Vitamin B3: 0.22mg (1.12%)