



Nut Horns

READY IN



855 min.

SERVINGS



96

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 4 eggs beaten
- 12 fluid ounce evaporated milk canned
- 8 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 cup butter
- 0.3 cup milk
- 1.5 teaspoons salt
- 2 cups shortening

- 8 cups walnuts chopped
- 1 cup sugar white for decoration
- 0.6 ounce cake compressed yeast fresh

Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, stir together flour and salt.
- Add shortening, 4 beaten eggs, evaporated milk, yeast and 1/4 cup sugar.
- Mix as much as you can in the bowl, then turn out onto a floured surface and knead until smooth, about 5 minutes.
- Place into an oiled bowl, cover and chill overnight.
- To make the filling: Melt margarine and stir in sugar.
- Mix in the cinnamon and walnuts; remove from heat and set aside to cool. When the nuts are cooled, stir in the egg and just enough of the milk to moisten the filling.
- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- Roll out dough to 1/4 inch in thickness.
- Sprinkle some of the remaining sugar over the dough.
- Cut into small triangles about 3 inches long and 2 inches at the base. Put a teaspoon of filling at the base of the triangle and roll towards the point.
- Roll in sugar and place 2 inches apart onto the prepared cookie sheets.
- Bake for 10 to 15 minutes in the preheated oven.
- Remove from baking sheets to cool on wire racks.

Nutrition Facts

PROTEIN 7.53% **FAT 64.54%** **CARBS 27.93%**

Properties

Glycemic Index:2.17, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:4.5099999924069%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 165.41kcal (8.27%), Fat: 12.23g (18.81%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 10.9g (3.96%), Sugar: 2.78g (3.09%), Cholesterol: 9.7mg (3.23%), Sodium: 55.67mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Manganese: 0.41mg (20.64%), Vitamin B1: 0.14mg (9.24%), Copper: 0.17mg (8.67%), Folate: 34.15µg (8.54%), Selenium: 4.84µg (6.92%), Phosphorus: 59.31mg (5.93%), Vitamin B2: 0.1mg (5.73%), Magnesium: 19.12mg (4.78%), Iron: 0.83mg (4.59%), Vitamin B3: 0.81mg (4.03%), Fiber: 1g (4.02%), Vitamin B6: 0.07mg (3.3%), Zinc: 0.45mg (3.01%), Vitamin E: 0.4mg (2.7%), Vitamin K: 2.61µg (2.49%), Calcium: 24mg (2.4%), Vitamin B5: 0.22mg (2.17%), Potassium: 72.19mg (2.06%), Vitamin A: 66.94IU (1.34%)