



## Old Fashioned Christmas Raisin Delights

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup brown sugar packed
- 0.7 cup butter softened
- 1.5 tablespoons cornstarch
- 2 eggs
- 3.5 cups flour all-purpose
- 1 teaspoon juice of lemon
- 0.3 cup milk

- 1.8 cups raisins
- 1 pinch salt
- 1 teaspoon vanilla
- 0.5 cup walnuts chopped
- 2 tablespoons water
- 0.8 cup sugar white

## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- To Make The Dough: Sift the flour, baking powder, and salt together; set aside.
- Cream the butter with 3/4 cup of the brown sugar and the white sugar. Beat in the eggs, milk and vanilla.
- Mix at high speed for 2 minutes, then reduce speed and gradually blend in the flour mixture. Cover and refrigerate dough for at least 3 hours.
- To Make Raisin Filling: Grind the raisins. In a medium saucepan combine the ground raisins, 1 cup brown sugar, 1 cup water, salt and lemon juice. Bring to a boil, and simmer for 3 minutes.
- Combine the cornstarch and 2 tablespoons of the water and mix until smooth.
- Add to the raisin mixture and continue to simmer until thick.
- Remove from heat and let cool. Once cool, stir in the chopped nuts.
- Preheat Oven to 350 degrees F (175 degrees C). Lightly grease baking sheets.
- On a floured surface, roll out the chilled dough to 1/8 inch thick.
- Cut into 2 3/4 inch rounds.
- Place rounds on the prepared baking sheet.
- Place a heaping teaspoon of the raisin filling on the cookie round and top with another round. Crimp the edges closed.

Bake at 350 degrees F (175 degrees C) for 8 minutes. Allow cookies to cool on sheet until just barely warm.

## Nutrition Facts



**PROTEIN 5.41%** **FAT 28.59%** **CARBS 66%**

### Properties

Glycemic Index:11.22, Glycemic Load:12.71, Inflammation Score:-2, Nutrition Score:3.1465217471123%

### Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

### Nutrients (% of daily need)

Calories: 151.72kcal (7.59%), Fat: 4.94g (7.61%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 24.77g (9.01%), Sugar: 10.3g (11.44%), Cholesterol: 18.4mg (6.13%), Sodium: 60.08mg (2.61%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Protein: 2.11g (4.21%), Manganese: 0.16mg (8.13%), Vitamin B1: 0.11mg (7.42%), Selenium: 5.19µg (7.41%), Folate: 25.41µg (6.35%), Vitamin B2: 0.09mg (5.41%), Iron: 0.91mg (5.05%), Vitamin B3: 0.83mg (4.14%), Phosphorus: 37.34mg (3.73%), Fiber: 0.92g (3.68%), Copper: 0.07mg (3.5%), Calcium: 28.77mg (2.88%), Potassium: 94.67mg (2.7%), Vitamin A: 122.24IU (2.44%), Magnesium: 8.65mg (2.16%), Vitamin B6: 0.04mg (1.78%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.24%)