



Orange Cream Cookie Cups

READY IN



105 min.

SERVINGS



24

CALORIES



124 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 0.3 cup sugar
- 3 tablespoons milk
- 0.3 teaspoon vanilla
- 0.3 teaspoon salt
- 1.3 cups flour all-purpose
- 8 ounces cream cheese softened
- 0.3 cup sugar
- 3 tablespoons flour all-purpose

- 1 egg yolk
- 0.5 teaspoon orange zest grated
- 2 teaspoons orange juice
- 0.3 cup coconut flakes flaked
- 1 serving lime zest

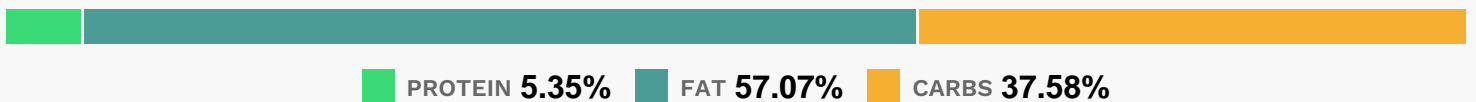
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack

Directions

- Heat oven to 375°F. In medium bowl, mix 1/2 cup butter, 1/3 cup sugar, the milk, vanilla and salt with spoon. Stir in 1 1/3 cups flour.
- Divide dough into 24 equal pieces. Press each piece in bottom and up side of small muffin cup, 1 3/4x1 inch, ungreased or lined with paper baking cups.
- In medium bowl, mix cream cheese, 1/4 cup sugar, 3 tablespoons flour, the egg yolk, orange peel and orange juice. Spoon slightly less than 1 tablespoon mixture into each cup.
- Sprinkle with coconut.
- Bake 15 to 20 minutes or until pastry is light brown around edges and filling is set. Cool slightly; loosen from cups with tip of knife.
- Remove from pan to wire rack. Cool completely, about 1 hour. Top with citrus peel just before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:7.95, Inflammation Score:-3, Nutrition Score:2.1391304491655%

Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg,
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 124.3kcal (6.22%), Fat: 7.98g (12.28%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 11.83g (3.94%), Net
Carbohydrates: 11.46g (4.17%), Sugar: 5.44g (6.05%), Cholesterol: 17.87mg (5.96%), Sodium: 100.11mg (4.35%),
Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1.68g (3.37%), Vitamin A: 311.29IU (6.23%), Selenium:
4.13µg (5.91%), Vitamin B1: 0.07mg (4.53%), Vitamin B2: 0.07mg (4.18%), Folate: 16.69µg (4.17%), Manganese:
0.08mg (4%), Phosphorus: 26.47mg (2.65%), Vitamin B3: 0.49mg (2.43%), Iron: 0.43mg (2.39%), Vitamin E: 0.26mg
(1.71%), Calcium: 15.48mg (1.55%), Fiber: 0.36g (1.46%), Vitamin B5: 0.13mg (1.3%), Copper: 0.02mg (1.07%)