



Pistachio and Cherry Mexican Wedding Cakes

READY IN



45 min.

SERVINGS



80

CALORIES



88 kcal

DESSERT

Ingredients

- 1.7 cups flour sifted
- 3.3 cups cake flour sifted
- 1 cup cranberries dried
- 4 ounces pistachios unsalted shelled chopped
- 1 cup powdered sugar plus more for coating
- 1 teaspoon salt
- 2 cups butter unsalted room temperature (4 sticks)
- 2 tablespoons vanilla extract

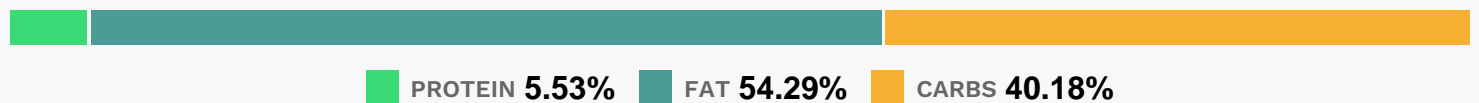
Equipment

- bowl
- baking sheet
- oven
- hand mixer
- spatula

Directions

- Preheat oven to 350°F. Butter 3 heavy large baking sheets. Using electric mixer, beat 2 cups butter and 1 cup powdered sugar in large bowl until light and fluffy. Beat in vanilla and salt, then pistachios and cherries. Using spatula, stir in all flour (do not overmix dough).
- Shape dough by generous tablespoonfuls into football-shaped ovals.
- Place on prepared sheets, spacing 1 inch apart.
- Bake cookies, 1 sheet at a time, until bottoms just begin to color, about 16 minutes. Cool cookies on sheets 10 minutes before coating.
- Pour generous amount of powdered sugar into medium bowl. Working with 5 or 6 warm cookies at a time, add cookies to bowl of sugar; gently turn to coat thickly.
- Transfer cookies to sheet of waxed paper. Repeat to coat cookies with sugar again; cool completely. do ahead Can be made 4 days ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:3.93, Inflammation Score:-1, Nutrition Score:1.3921739164254%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,

Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 88.37kcal (4.42%), Fat: 5.38g (8.27%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.74g (3.05%), Cholesterol: 12.2mg (4.07%), Sodium: 30mg (1.3%), Alcohol: 0.11g (100%), Alcohol %: 0.77% (100%), Protein: 1.23g (2.46%), Selenium: 3.12µg (4.46%), Manganese: 0.08mg (4.06%), Vitamin A: 147.8IU (2.96%), Vitamin B1: 0.04mg (2.5%), Folate: 7.38µg (1.84%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.69%), Phosphorus: 16.31mg (1.63%), Vitamin E: 0.22mg (1.46%), Vitamin B6: 0.03mg (1.4%), Iron: 0.23mg (1.29%), Vitamin B2: 0.02mg (1.25%), Vitamin B3: 0.24mg (1.18%)