



Raisin-Nut Spice Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



159 kcal

DESSERT

Ingredients

- 1.8 cups flour
- 1 teaspoon aniseed
- 0.3 teaspoon baking soda
- 2 large egg yolk
- 1 cup golden raisins
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 cup powdered sugar

- 0.8 teaspoon salt
- 0.7 cup sugar
- 0.8 cup butter unsalted cut into 1/2-inch pieces, room temperature ()
- 2 ounces walnut pieces cooled toasted
- 5 ounces almonds whole cooled toasted
- 8 teaspoons milk whole ()

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- Position rack in center of oven and preheat to 350°F. Spray 2 large baking sheets with nonstick spray.
- Place powdered sugar in small bowl.
- Mix in enough milk by teaspoonfuls (about
- to form thick, smooth glaze. Cover glaze; set aside.
- Combine almonds and walnuts in processor. Using on/off turns, blend until most nuts are reduced to 1/4-inch pieces (some will be very finely ground).
- Combine flour, butter, 2/3 cup sugar, citrus peels, aniseed, salt, spices, and baking soda in large bowl. Using electric mixer, beat at low speed until fine meal forms.
- Add egg yolks and beat until clumps form.
- Add nuts and raisins. Beat until dough holds together, adding milk by teaspoonfuls (about
- if dough is dry. Knead dough briefly to compact.
- Roll out 1/3 of dough on lightly floured surface to 1/4- to 1/3-inch-thick rectangle.
- Cut lengthwise into 2-inch-wide strips.
- Cut each strip on diagonal into 1 1/2- to 2-inch diamonds.

- Transfer diamonds to baking sheet. Gather dough scraps and reserve. Repeat with remaining dough. Reroll scraps, cutting out more cookies, until all dough is used.
- Bake cookies, 1 sheet at a time, until golden, about 17 minutes. Spoon generous 1/2 teaspoon glaze over each hot cookie and spread with back of spoon to coat.
- Let cookies stand on baking sheets until completely cool and glaze is set. (Can be prepared 1 week ahead. Store airtight between sheets of waxed paper at room temperature.)

Nutrition Facts

PROTEIN 6.04%

FAT 47.22%

CARBS 46.74%

Properties

Glycemic Index:9.33, Glycemic Load:9.29, Inflammation Score:-2, Nutrition Score:3.7995652213045%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 159.02kcal (7.95%), Fat: 8.66g (13.32%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.14g (6.6%), Sugar: 11.56g (12.84%), Cholesterol: 24.6mg (8.2%), Sodium: 69.93mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Manganese: 0.26mg (12.79%), Vitamin E: 1.4mg (9.31%), Vitamin B2: 0.11mg (6.68%), Copper: 0.11mg (5.5%), Vitamin B1: 0.08mg (5.14%), Selenium: 3.57µg (5.09%), Phosphorus: 50.16mg (5.02%), Magnesium: 19.55mg (4.89%), Folate: 19.26µg (4.81%), Fiber: 1.14g (4.56%), Iron: 0.72mg (4.01%), Vitamin B3: 0.68mg (3.42%), Vitamin A: 161.08IU (3.22%), Potassium: 92.88mg (2.65%), Calcium: 23.67mg (2.37%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (2.05%), Vitamin B5: 0.12mg (1.17%), Vitamin D: 0.16µg (1.07%)