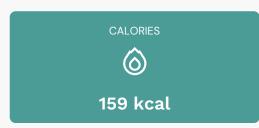


Raisin-Nut Spice Cookies

Vegetarian







DESSERT

Ingredients

Ш	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 ()
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E q	uipment
Ш	bowl
	baking sheet
	oven
	hand mixer
D :.	raatiana
— —	rections
	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 11/2- to 2-inch diamonds.

	PROTEIN 6.04% FAT 47.22% CARBS 46.74%
	Nutrition Facts
Let cookies stand on baking sheets until completely cool and glaze is set. (Can be prepared week ahead. Store airtight between sheets of waxed paper at room temperature.)	
	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.
L	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.

Properties

Glycemic Index:9.33, Glycemic Load:9.29, Inflammation Score:-2, Nutrition Score:3.7995652213O45%

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, Epigallocatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechi

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: Og (100%), Alcohol %: O% (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%)