



WHATSheATE



Raisin-Nut Spice Cookies



Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 1 teaspoon aniseed
- ☐ 0.3 teaspoon baking soda
- ☐ 2 large egg yolks
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 1 teaspoon orange peel finely grated
- ☐ 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

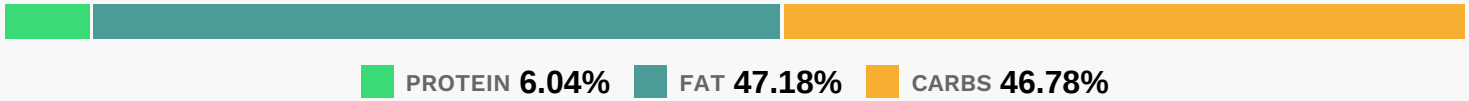
Directions

- ☐ 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.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:9.29, Inflammation Score:-2, Nutrition Score:3.8156521916389%

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: 159.11kcal (7.96%), Fat: 8.66g (13.32%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 18.16g (6.6%), Sugar: 11.56g (12.85%), Cholesterol: 24.6mg (8.2%), Sodium: 69.93mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Manganese: 0.26mg (12.79%), Vitamin E: 1.4mg (9.31%), Vitamin B2: 0.11mg (6.69%), Copper: 0.11mg (5.5%), Vitamin B1: 0.08mg (5.14%), Selenium: 3.57µg (5.09%), Phosphorus: 50.18mg (5.02%), Magnesium: 19.57mg (4.89%), Folate: 19.29µg (4.82%), Fiber: 1.15g (4.62%), Iron: 0.72mg (4.02%), Vitamin B3: 0.69mg (3.43%), Vitamin A: 161.39IU (3.23%), Potassium: 93.13mg (2.66%), Calcium: 23.87mg (2.39%), Zinc: 0.31mg (2.1%), Vitamin B6: 0.04mg (2.06%), Vitamin B5: 0.12mg (1.18%), Vitamin D: 0.16µg (1.07%)