



Rudolph's Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



156 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 1 cup butter softened
- 2 large eggs separated
- 2 cups flour all-purpose
- 1.3 teaspoons ground cinnamon
- 1.3 cups pecans finely chopped
- 42 servings currant jelly red
- 0.3 teaspoon salt

0.8 cup sugar

Equipment

baking sheet

oven

hand mixer

Directions

Beat butter at medium speed of an electric mixer until creamy. Gradually add sugar, beating well.

Add egg yolks and almond extract, beating until blended.

Combine flour, salt, and cinnamon.

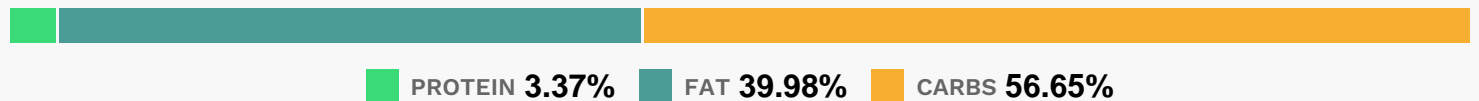
Add flour mixture to butter mixture, blending at low speed. Cover and chill dough 1 hour.

Shape dough into 1" balls. Lightly beat egg whites. Dip each ball in egg white; roll in pecans.

Place 2" apart on ungreased cookie sheets. Press thumb in each cookie to make an indentation.

Bake at 350 for 15 minutes. Cool 1 minute on cookie sheets; remove to wire racks to cool completely. Press centers again with thumb while cookies are still warm; fill center of each cookie with jelly.

Nutrition Facts



Properties

Glycemic Index:6.31, Glycemic Load:13.25, Inflammation Score:-1, Nutrition Score:2.4526087227075%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 156.01kcal (7.8%), Fat: 7.03g (10.82%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 21.69g (7.89%), Sugar: 13.43g (14.93%), Cholesterol: 20.48mg (6.83%), Sodium: 58.54mg (2.55%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.33g (2.67%), Manganese: 0.21mg (10.3%), Vitamin B1: 0.07mg (4.84%), Selenium: 3.35µg (4.78%), Folate: 15.09µg (3.77%), Vitamin B2: 0.06mg (3.67%), Copper: 0.07mg (3.49%), Vitamin A: 149.91IU (3%), Fiber: 0.72g (2.89%), Iron: 0.51mg (2.81%), Phosphorus: 25.27mg (2.53%), Vitamin C: 1.8mg (2.18%), Vitamin B3: 0.4mg (2.01%), Magnesium: 6.48mg (1.62%), Zinc: 0.24mg (1.59%), Vitamin E: 0.22mg (1.5%), Potassium: 40.12mg (1.15%), Calcium: 10.45mg (1.04%), Vitamin B5: 0.1mg (1.01%)