



Russian Rocks II

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2.3 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 6 eggs
- ☐ 5 cups flour all-purpose
- ☐ 3 cups raisins
- ☐ 3 cups walnuts chopped

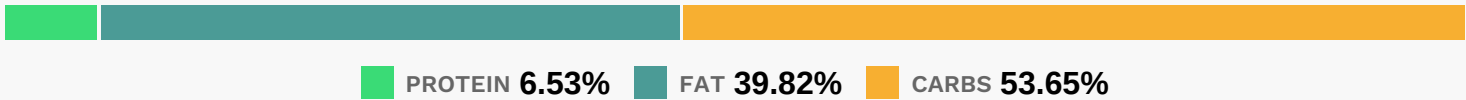
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together the butter and brown sugar. Stir in the eggs until everything is well blended. Stir in the baking soda , then gradually add the flour until the dough is thick. This may not require all 5 cups. Finally, stir in the walnuts and raisins. Drop by tablespoons onto unprepared cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven. Cool on the baking sheets.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:8.89, Inflammation Score:-2, Nutrition Score:3.8982608499734%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 162.4kcal (8.12%), Fat: 7.44g (11.45%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 21.4g (7.78%), Sugar: 8.2g (9.11%), Cholesterol: 24.5mg (8.17%), Sodium: 71.72mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Manganese: 0.3mg (14.83%), Selenium: 5.35µg (7.64%), Vitamin B1: 0.11mg (7.45%), Copper: 0.14mg (6.85%), Folate: 27.28µg (6.82%), Vitamin B2: 0.09mg (5.58%), Iron: 0.98mg (5.43%), Phosphorus: 46.88mg (4.69%), Fiber: 1.17g (4.66%), Vitamin B3: 0.78mg (3.88%), Magnesium: 15.06mg (3.76%), Potassium: 114.71mg (3.28%), Vitamin B6: 0.06mg (3.03%), Vitamin A: 119.48IU (2.39%), Zinc: 0.33mg (2.2%), Calcium: 19.55mg (1.95%), Vitamin B5: 0.16mg (1.65%), Vitamin E: 0.18mg (1.21%)