



Smoky Mountain Snowcaps

READY IN



45 min.

SERVINGS



42

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 3 large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup powdered sugar
- ☐ 0.8 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

- ☐ 1.5 cups walnuts toasted chopped
- ☐ 6 ounces chocolate white chopped

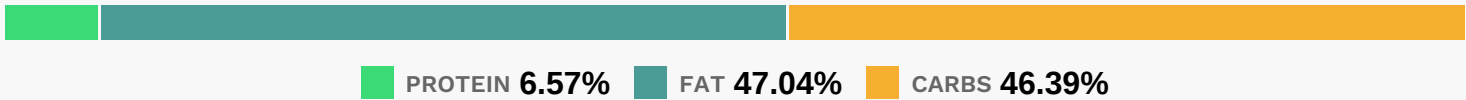
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Melt white chocolate in a small saucepan over low heat, stirring until chocolate is smooth.
- ☐ Beat butter and 1 cup sugar at medium speed with an electric mixer 5 minutes or until fluffy.
- ☐ Add eggs, 1 at a time, beating until blended.
- ☐ Add vanilla, beating well.
- ☐ Add melted chocolate, and beat 30 seconds.
- ☐ Combine flour and next 3 ingredients; add to butter mixture, beating until blended. Stir in walnuts. Drop dough by heaping tablespoonfuls onto lightly greased baking sheets.
- ☐ Bake at 350 for 10 to 12 minutes or until edges are lightly browned.
- ☐ Remove to wire racks to cool completely.
- ☐ Sprinkle with powdered sugar. Freeze, if desired.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:10.83, Inflammation Score:-2, Nutrition Score:3.1604347517309%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 145.57kcal (7.28%), Fat: 7.75g (11.92%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 16.62g (6.04%), Sugar: 8.7g (9.67%), Cholesterol: 14.14mg (4.71%), Sodium: 98.94mg (4.3%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 2.44g (4.87%), Manganese: 0.22mg (10.79%), Selenium: 5.05µg (7.22%), Vitamin B1: 0.1mg (6.7%), Folate: 25.16µg (6.29%), Vitamin B2: 0.09mg (5.19%), Copper: 0.09mg (4.35%), Phosphorus: 42.94mg (4.29%), Iron: 0.69mg (3.84%), Vitamin B3: 0.7mg (3.48%), Vitamin A: 166.34IU (3.33%), Magnesium: 9.98mg (2.49%), Fiber: 0.57g (2.28%), Calcium: 22.64mg (2.26%), Zinc: 0.28mg (1.86%), Vitamin B6: 0.04mg (1.79%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.15mg (1.52%), Potassium: 48.1mg (1.37%)