

Wainachsrollen

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces almonds chopped
- ☐ 2 teaspoons baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter melted
- ☐ 3 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon salt

- ☐ 1 cup sugar white
- ☐ 1 cup lard melted
- ☐ 1 cup lard melted

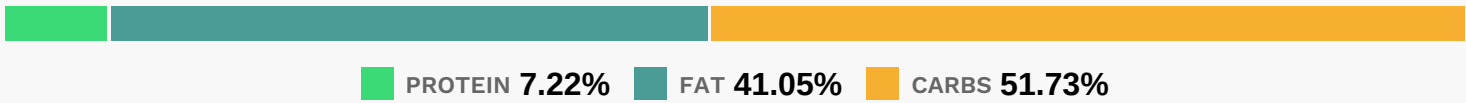
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ In a large bowl, stir together the melted butter, melted lard, white sugar, brown sugar, and eggs.
- ☐ Mix until well blended. Stir in the flour, baking soda, salt, cinnamon, and almonds.
- ☐ Roll the dough into 2 logs about 2 1/2 inches in diameter; refrigerate overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Let the dough logs thaw for about 5 minutes.
- ☐ Slice dough into slices about 1/4 inch thick.
- ☐ Bake in the preheated oven for 8 to 10 minutes. Alternative: You can use a cookie stamp, mold or press for these cookies--after you have chilled the dough, roll out the dough to 1/2" thick and press down on the down to 1/4" thickness.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:9.42, Inflammation Score:-2, Nutrition Score:3.609130449917%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg 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

0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 141.42kcal (7.07%), Fat: 6.58g (10.13%), Saturated Fat: 2.71g (16.97%), Carbohydrates: 18.67g (6.22%), Net
Carbohydrates: 17.74g (6.45%), Sugar: 8.86g (9.84%), Cholesterol: 20.4mg (6.8%), Sodium: 129.97mg (5.65%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Manganese: 0.2mg (9.96%), Vitamin E: 1.36mg
(9.04%), Vitamin B2: 0.13mg (7.46%), Selenium: 5.14µg (7.34%), Vitamin B1: 0.1mg (6.87%), Folate: 25.01µg (6.25%),
Iron: 0.81mg (4.48%), Vitamin B3: 0.87mg (4.36%), Phosphorus: 42.17mg (4.22%), Magnesium: 16.2mg (4.05%),
Fiber: 0.93g (3.72%), Copper: 0.07mg (3.51%), Vitamin A: 133.2IU (2.66%), Calcium: 21.44mg (2.14%), Zinc: 0.27mg
(1.81%), Potassium: 58.47mg (1.67%), Vitamin B5: 0.13mg (1.27%)