



Wreath Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



24

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 cup butter
- ☐ 2 egg whites
- ☐ 2 egg yolks
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup raspberry jam
- ☐ 1.5 cups walnuts finely chopped

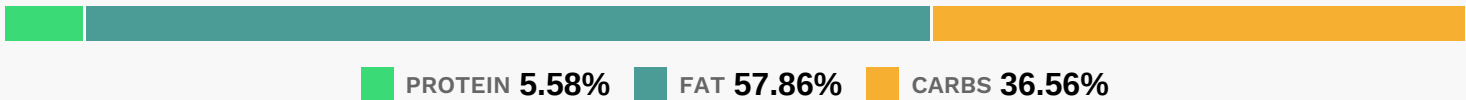
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a medium bowl, cream together the butter and brown sugar until smooth. Beat in the egg yolks one at a time. gradually mix in the flour. Cover dough and chill until firm, about 2 hours.
- ☐ Preheat the oven to 325 degrees F (165 degrees C). Line cookie sheets with parchment paper or aluminum foil.
- ☐ Roll dough into balls a little smaller than walnuts. Dip the balls in egg white, then roll them in the chopped walnuts.
- ☐ Place cookies 1 inch apart onto the prepared cookie sheets. Press thumb into middle of each ball to create a divot.
- ☐ Bake for 12 to 15 minutes in the preheated oven, or until edges are golden.
- ☐ Remove from oven and repress divots, fill the divots with 1/2 teaspoon of raspberry jam.
- ☐ Remove cookies to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:8.5, Inflammation Score:-3, Nutrition Score:3.9960869084234%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 196.79kcal (9.84%), Fat: 12.95g (19.92%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 17.56g (6.38%), Sugar: 8.13g (9.04%), Cholesterol: 36.54mg (12.18%), Sodium: 69.59mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Manganese: 0.33mg (16.38%), Selenium: 5.52µg (7.89%), Folate: 29.63µg (7.41%), Vitamin B1: 0.11mg (7.4%), Copper: 0.14mg (7.11%), Vitamin B2: 0.09mg (5.29%),

Vitamin A: 259.46IU (5.19%), Phosphorus: 46.58mg (4.66%), Iron: 0.81mg (4.49%), Magnesium: 15.08mg (3.77%),
Vitamin B3: 0.71mg (3.56%), Fiber: 0.85g (3.4%), Vitamin B6: 0.05mg (2.64%), Zinc: 0.35mg (2.32%), Vitamin E:
0.32mg (2.16%), Calcium: 18.33mg (1.83%), Potassium: 62.92mg (1.8%), Vitamin B5: 0.15mg (1.55%)