



## Zinfandel Port Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



50 kcal

DESSERT

### Ingredients

- 0.3 cup plus dark
- 0.5 cup dutch-process cocoa powder unsweetened
- 1 cup pecans
- 0.5 cup zinfandel port
- 0.5 cup powdered sugar
- 12 oz vanilla wafers

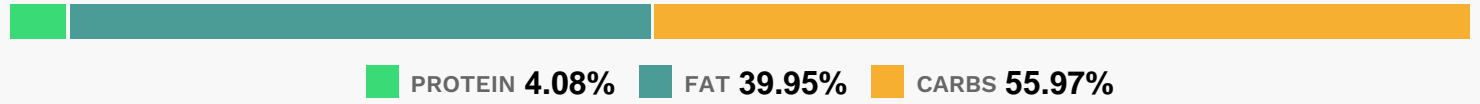
### Equipment

- food processor

## Directions

- In a food processor, whirl vanilla wafers, cocoa powder, and pecans until fine crumbs form.
- Add corn syrup and port and whirl until blended.
- Shape dough into 1-inch balls and roll in powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:2.95, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:0.94826088133066%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg, Malvidin: 1.9mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 50.38kcal (2.52%), Fat: 2.27g (3.5%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.66g (2.42%), Sugar: 4.11g (4.56%), Cholesterol: 0.06mg (0.02%), Sodium: 25.35mg (1.1%), Alcohol: 0.31g (100%), Alcohol %: 3.11% (100%), Protein: 0.52g (1.05%), Manganese: 0.11mg (5.28%), Copper: 0.05mg (2.43%), Vitamin B1: 0.04mg (2.39%), Fiber: 0.5g (2.01%), Magnesium: 5.87mg (1.47%), Folate: 5.58µg (1.4%), Phosphorus: 12.55mg (1.25%), Vitamin B2: 0.02mg (1.03%)