



Autumn Maple Cutout Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



53 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup butter
- 2 large egg whites divided
- 10 ounces flour all-purpose
- 2 tablespoons granulated sugar
- 6 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon

- 0.1 teaspoon nutmeg
- 1 teaspoon peppermint flavoring
- 0.5 cup maple syrup
- 0.3 teaspoon salt
- 0.3 cup walnut pieces chopped

Equipment

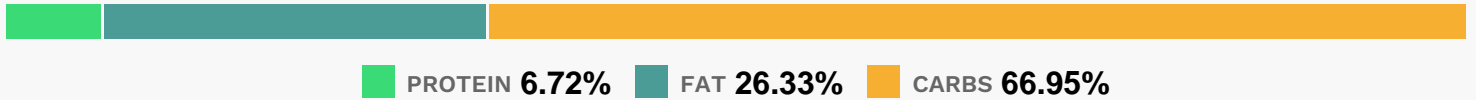
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- whisk
- blender
- plastic wrap
- measuring cup

Directions

- Melt butter in a small saucepan over low heat. Cook until milk solids stop crackling and turn amber (about 5 minutes), stirring occasionally.
- Transfer butter mixture to a small bowl, scraping pan to include milk solids. Cover and cool butter mixture in the refrigerator for 20 minutes or until soft and congealed but not firm.
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine flour and next 5 ingredients (through nutmeg) in a bowl, stirring with a whisk.
- Combine chilled butter mixture and granulated sugar in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes).
- Add syrup, flavoring, and 1 egg white to butter mixture; beat at low speed 2 minutes or until well blended.

- Add flour mixture to butter mixture; beat on low speed until blended. Divide dough in half. Shape each portion into a ball; wrap in plastic wrap. Chill 1 hour or until firm.
- Preheat oven to 350
- Place walnuts and turbinado sugar in a food processor; pulse 15 times or until mixture is coarsely ground.
- Place remaining 1 egg white in another small bowl; stir with a whisk.
- Working with one portion of the dough at a time (keep remaining dough chilled until use), roll dough to a 1/8-inch thickness on a floured surface, and cut with a 2 1/2-inch round or decorative cutter.
- Place 24 cookies, evenly spaced, on a baking sheet coated with cooking spray. Gently brush tops of cookies with egg white; sprinkle evenly with half of walnut mixture.
- Bake at 350 for 12 minutes or until pale brown.
- Remove cookies from pan; cool completely on wire racks. Repeat procedure with remaining dough, egg white, and walnut mixture.

Nutrition Facts



Properties

Glycemic Index:10.18, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.43869564415%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg

Nutrients (% of daily need)

Calories: 52.86kcal (2.64%), Fat: 1.56g (2.4%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.69g (3.16%), Sugar: 4.06g (4.51%), Cholesterol: 2.54mg (0.85%), Sodium: 32.57mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Manganese: 0.15mg (7.46%), Vitamin B2: 0.08mg (4.7%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.34µg (3.35%), Folate: 11.7µg (2.93%), Vitamin B3: 0.36mg (1.81%), Iron: 0.31mg (1.72%), Copper: 0.02mg (1.1%), Phosphorus: 10.62mg (1.06%)