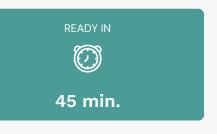


Bacon Banana Cookies







Ingredients

Ш	2 teaspoons double-acting baking powder
	0.3 teaspoon baking soda
	1.3 cups banana mashed
	0.5 pound bacon crisp cooked chopped
	2 large eggs
	2.5 cups flour all-purpose sifted
	1.5 teaspoons ground cinnamon
	0.3 teaspoon kosher salt
	1.3 cups sugar

0.5 cup butter unsalted (1 stick)

Ш	1 teaspoon vanilla extract	
Equipment		
	baking sheet	
	baking paper	
	oven	
	mixing bowl	
	hand mixer	
Di	rections	
	Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.	
	In a large mixing bowl, sift together the flour, baking powder, baking soda, 1/2 teaspoon of the cinnamon, and the salt.	
	In a medium mixing bowl, use a hand mixer to cream together the butter and 1 cup of the sugar. Beat in the eggs, one at a time, until they are fully incorporated. Beat in the vanilla.	
	Add the butter mixture to the flour mixture, then stir in the mashed bananas, beating well after each addition. Fold in the bacon.	
	Stir together the remaining 1/4 cup sugar and the remaining cinnamon.	
	Drop the dough by heaping tablespoons onto the prepared baking sheet 1 inch apart.	
	Sprinkle generously with the cinnamon-sugar and bake for 10 to 12 minutes, until slightly browned. Allow the cookies to cool completely before storing in an airtight container. Cookies will keep for 5 to 7 days.	
	Rock-hard bananas? Ripen them quickly for Bacon Banana Cookies by placing the peeled fruit on a parchment-lined baking sheet and cooking them in a 400°F oven for 10 minutes until they are soft.Next time you make banana bread, try stirring 4 slices cooked and chopped bacon into the batter.	
	From The Whole Hog Cookbook: Chops, Loin, Shoulder, Bacon, and All That Good Stuff by Libbie Summers. © Libbie Summers; photographs © Chia Chong. Published by Rizzoli International Publications, Inc.	

Nutrition Facts

Properties

Glycemic Index: 9.9, Glycemic Load: 12.37, Inflammation Score: -1, Nutrition Score: 3.4569565640843%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 143.98kcal (7.2%), Fat: 6.19g (9.52%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.59g (6.4%), Sugar: 9.19g (10.21%), Cholesterol: 28.02mg (9.34%), Sodium: 189.3mg (8.23%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Protein: 4.17g (8.34%), Selenium: 8.55µg (12.21%), Vitamin B1: 0.13mg (8.52%), Vitamin B3: 1.46mg (7.3%), Phosphorus: 55.47mg (5.55%), Folate: 22.08µg (5.52%), Manganese: 0.11mg (5.5%), Vitamin B2: 0.09mg (5.42%), Vitamin B6: 0.08mg (3.77%), Iron: 0.67mg (3.74%), Zinc: 0.36mg (2.42%), Vitamin A: 119.9IU (2.4%), Potassium: 79.1mg (2.26%), Calcium: 22.28mg (2.23%), Vitamin B5: 0.21mg (2.08%), Fiber: 0.51g (2.03%), Vitamin B12: 0.12µg (1.98%), Magnesium: 7.06mg (1.76%), Copper: 0.03mg (1.61%), Vitamin E: 0.17mg (1.13%), Vitamin D: 0.15µg (1.02%)