



Banana Cookies

 Popular

READY IN



30 min.

SERVINGS



30

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 cup sugar
- ☐ 1 eggs room temperature
- ☐ 1 cup bananas mashed ()
- ☐ 1 teaspoon baking soda
- ☐ 2 cups flour
- ☐ 1 pinch salt
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 teaspoon mace
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 cup pecans fine (walnuts and chocolate chips are alternatives)

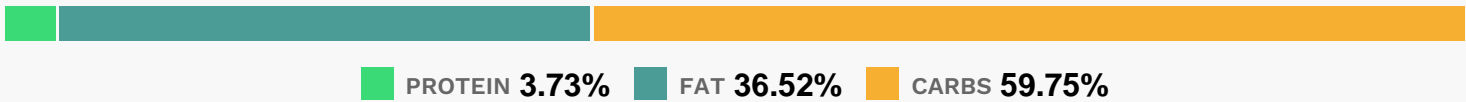
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 350°F. Beat the butter and sugar together until light and fluffy.
- ☐ Add the egg and continue to beat until the mixture is light and fluffy.
- ☐ In a separate bowl, mix the mashed bananas and baking soda.
- ☐ Let sit for 2 minutes. The baking soda will react with the acid in the bananas which in turn will give the cookies their lift and rise.
- ☐ Mix the banana mixture into the butter mixture.
- ☐ the flour, salt, and spices.
- ☐ Add to the butter and banana mixture and mix until just combined.
- ☐ Fold pecans or chocolate chips (if using) into the batter.
- ☐ Drop in dollops onto parchment paper-lined baking sheet.
- ☐ Bake for 11-13 minutes or until nicely golden brown.
- ☐ Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:10.09, Inflammation Score:-1, Nutrition Score:1.8986956684486%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 122.23kcal (6.11%), Fat: 5.07g (7.79%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 18.19g (6.61%), Sugar: 11.03g (12.25%), Cholesterol: 13.59mg (4.53%), Sodium: 40.7mg (1.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Manganese: 0.1mg (5.21%), Selenium: 3.43µg (4.9%), Vitamin B1: 0.07mg (4.58%), Folate: 17.59µg (4.4%), Vitamin B2: 0.06mg (3.3%), Vitamin B3: 0.55mg (2.73%), Iron: 0.45mg (2.48%), Vitamin A: 107.68IU (2.15%), Fiber: 0.46g (1.82%), Vitamin B6: 0.03mg (1.7%), Potassium: 56.61mg (1.62%), Phosphorus: 14.55mg (1.46%), Magnesium: 4.27mg (1.07%), Copper: 0.02mg (1.05%)