



Banana Spice Cookies

 Vegetarian

READY IN



15 min.

SERVINGS



60

CALORIES



57 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 bananas ripe mashed
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

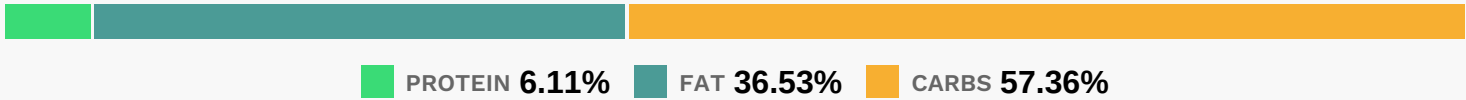
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Beat butter or margarine with an electric mixer on medium to high speed for 30 seconds.
- ☐ Add one cup of the flour, the sugar, eggs, baking powder, vanilla, cinnamon, soda, and cloves. Beat until thoroughly combined.
- ☐ Stir in the remaining flour. Beat in bananas and nuts. Drop by rounded teaspoons 2 inches apart onto a greased cookie sheet.
- ☐ Bake for 8 to 10 minutes or until edges are lightly browned. Cool cookies on a rack.

Nutrition Facts



Properties

Glycemic Index:6.11, Glycemic Load:5.6, Inflammation Score:-1, Nutrition Score:1.3773912839268%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 57.46kcal (2.87%), Fat: 2.39g (3.67%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 8.07g (2.94%), Sugar: 4.1g (4.56%), Cholesterol: 9.52mg (3.17%), Sodium: 26.1mg (1.13%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.9g (1.8%), Manganese: 0.09mg (4.37%), Selenium: 2.19µg (3.12%),

Folate: 11.46µg (2.87%), Vitamin B1: 0.04mg (2.84%), Vitamin B2: 0.04mg (2.18%), Iron: 0.3mg (1.66%), Vitamin B3: 0.33mg (1.65%), Vitamin B6: 0.03mg (1.58%), Phosphorus: 14.57mg (1.46%), Fiber: 0.36g (1.42%), Copper: 0.03mg (1.41%), Vitamin A: 59.22IU (1.18%), Magnesium: 4.43mg (1.11%)