



Basic Nut Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



64 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 2 cups basic cookie mix
- 1 eggs
- 1 teaspoon vanilla extract
- 0.5 cup walnuts chopped

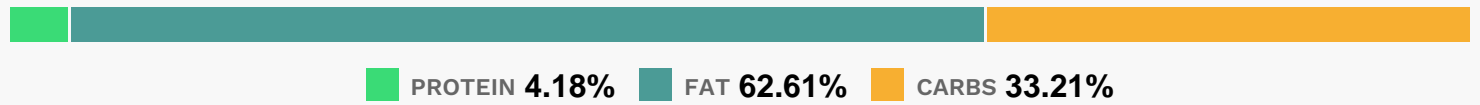
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Melt butter over low heat and stir into Basic Cookie
- Mix.
- Lightly beat egg and add to mixture. Stir in vanilla and nuts.
- Bake for 12 to 15 minutes until golden. Cool a couple of minutes before removing from cookie sheet to racks to complete cooling.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.65652173943818%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 64.3kcal (3.22%), Fat: 4.46g (6.86%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.2g (3.56%), Cholesterol: 11.33mg (3.78%), Sodium: 29.05mg (1.26%), Alcohol: 0.04g (100%), Alcohol %: 0.38% (100%), Protein: 0.67g (1.34%), Manganese: 0.06mg (2.8%), Vitamin A: 85.71IU (1.71%), Copper: 0.03mg (1.34%), Fiber: 0.28g (1.11%)