



Bourbon-Pecan-Gingerbread Cookies



Vegetarian



Very Healthy

READY IN



90 min.

SERVINGS



1

CALORIES



8570 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup bourbon
- ☐ 1 serving bourbon glaze
- ☐ 2 cups firmly brown sugar dark packed
- ☐ 0.5 cup buttermilk
- ☐ 6 large eggs lightly beaten
- ☐ 4 cups flour all-purpose
- ☐ 0.5 teaspoon ground allspice

- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon lemon zest
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 tablespoon orange zest
- ☐ 2 cups pecan halves toasted
- ☐ 4 cups ground pecans toasted finely

Equipment

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

Directions

- ☐ Stir together first 8 ingredients. Stir together ground pecans and next 7 ingredients in a second bowl. Stir bourbon mixture into flour mixture until smooth. Cover and chill 12 hours.
- ☐ Preheat oven to 35
- ☐ Drop level portions of dough 2 inches apart onto 2 parchment paper-lined baking sheets, using a 2-oz. ice-cream scoop (about 2 Tbsp.).
- ☐ Place 3 pecans on each cookie.
- ☐ Bake at 350 for 15 to 18 minutes or until edges are lightly browned. Cool on baking sheets 5 minutes.
- ☐ Drizzle with Bourbon Glaze.
- ☐ Transfer to wire racks; cool.

Nutrition Facts



Properties

Glycemic Index:290, Glycemic Load:293.88, Inflammation Score:-10, Nutrition Score:81.801304609879%

Flavonoids

Cyanidin: 63.8mg, Cyanidin: 63.8mg, Cyanidin: 63.8mg, Cyanidin: 63.8mg Delphinidin: 43.24mg, Delphinidin: 43.24mg, Delphinidin: 43.24mg, Delphinidin: 43.24mg Catechin: 43.01mg, Catechin: 43.01mg, Catechin: 43.01mg, Catechin: 43.01mg Epigallocatechin: 33.44mg, Epigallocatechin: 33.44mg, Epigallocatechin: 33.44mg, Epigallocatechin: 33.44mg Epicatechin: 4.87mg, Epicatechin: 4.87mg, Epicatechin: 4.87mg, Epicatechin: 4.87mg Epigallocatechin 3-gallate: 13.66mg, Epigallocatechin 3-gallate: 13.66mg, Epigallocatechin 3-gallate: 13.66mg, Epigallocatechin 3-gallate: 13.66mg

Nutrients (% of daily need)

Calories: 8570.33kcal (428.52%), Fat: 465.95g (716.85%), Saturated Fat: 49.61g (310.05%), Carbohydrates: 944.07g (314.69%), Net Carbohydrates: 868.82g (315.94%), Sugar: 489.36g (543.73%), Cholesterol: 1129.2mg (376.4%), Sodium: 6452.43mg (280.54%), Alcohol: 45.09g (100%), Alcohol %: 2.64% (100%), Protein: 149.18g (298.36%), Manganese: 33.85mg (1692.45%), Vitamin B1: 8.07mg (537.72%), Selenium: 303.6µg (433.72%), Copper: 8.59mg (429.54%), Fiber: 75.25g (300.99%), Folate: 1201.79µg (300.45%), Phosphorus: 2932.34mg (293.23%), Vitamin B2: 4.85mg (285.17%), Iron: 50.06mg (278.11%), Magnesium: 1032.21mg (258.05%), Zinc: 35.35mg (235.68%), Vitamin B3: 38.25mg (191.25%), Potassium: 4835.76mg (138.16%), Vitamin B5: 13.36mg (133.61%), Calcium: 1323.99mg (132.4%), Vitamin B6: 2.53mg (126.51%), Vitamin E: 12.06mg (80.41%), Vitamin B12: 3.22µg (53.7%), Vitamin D: 7.56µg (50.4%), Vitamin A: 2199.86IU (44%), Vitamin C: 23.04mg (27.92%), Vitamin K: 26.25µg (25%)