



Brown Sugar and Spice Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



65 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 1 large eggs
- 5.5 ounces flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon granulated sugar
- 1 Dash ground allspice
- 0.3 teaspoon ground cinnamon

- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg
- 1 Dash ground nutmeg
- 0.3 cup brown sugar light packed
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 ounces flour whole wheat

Equipment

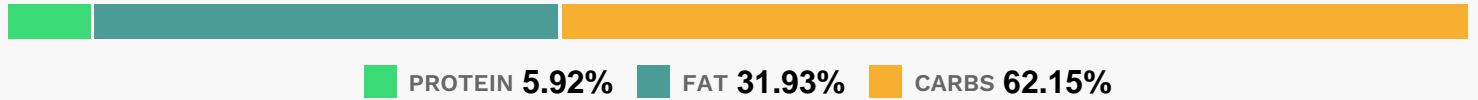
- bowl
- baking sheet
- oven
- knife
- whisk
- blender
- measuring cup

Directions

- Preheat oven to 35
- To prepare cookies, combine 1/3 cup granulated sugar, brown sugar, and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- Add vanilla and egg; beat well. Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, baking powder, and next 4 ingredients (through 1/8 teaspoon nutmeg) in a medium bowl, stirring with a whisk.
- Add flour mixture to sugar mixture; beat at low speed until well blended.
- Shape the dough into 30 balls.
- Place 2 inches apart on baking sheets coated with cooking spray; flatten cookies with bottom of a glass.

- To prepare topping, combine 1 tablespoon granulated sugar, 1/4 teaspoon cinnamon, dash of nutmeg, and allspice in a small bowl.
- Sprinkle evenly over cookies.
- Bake at 350 for 9 minutes. Cool 10 minutes on pans.
- Remove from pans; cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:17.41, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.4595652219394%

Nutrients (% of daily need)

Calories: 64.58kcal (3.23%), Fat: 2.32g (3.57%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.82g (3.57%), Sugar: 5.05g (5.61%), Cholesterol: 11.62mg (3.87%), Sodium: 45.95mg (2%), Alcohol: 0.05g (100%), Alcohol %: 0.36% (100%), Protein: 0.97g (1.94%), Manganese: 0.11mg (5.65%), Selenium: 3.23µg (4.62%), Vitamin B1: 0.05mg (3.26%), Folate: 11.08µg (2.77%), Vitamin B2: 0.04mg (2.19%), Iron: 0.36mg (2.01%), Vitamin B3: 0.39mg (1.94%), Phosphorus: 16.37mg (1.64%), Vitamin A: 72.71IU (1.45%), Fiber: 0.34g (1.38%)