



## Brown sugar & Spice Sugar cookie frogs

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



143 kcal

DESSERT

### Ingredients

- 3 c flour all-purpose
- 2 tsp double-acting baking powder
- 0.5 tsp cinnamon
- 0.3 tsp ginger
- 0.1 tsp nutmeg freshly grated (, if possible)
- 0.1 tsp allspice
- 0.5 c granulated sugar (I use sugar that I've stored vanilla beans in)
- 0.5 c brown sugar light packed ( )

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- 2 sticks butter
- 1 eggs
- 1 tsp vanilla extract pure

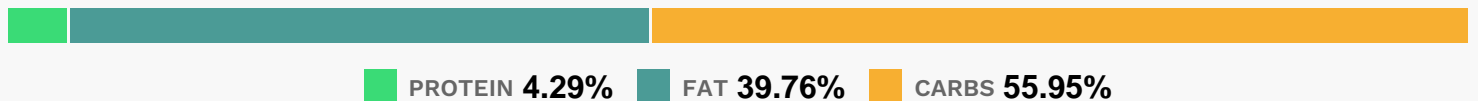
## Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack

## Directions

- Whisk the flour, baking powder and spices, set aside.
- Cream the sugar and butter.
- Add the egg and extracts and mix until well-blended.
- Gradually add the flour mixture and beat just until combined, scraping down the bowl, especially the bottom. (The dough will be quite thick...you may need to knead in stray bits of flour from the bottom of the bowl by hand.)
- Roll on a floured surface and cut into shapes.
- Place on parchment lined baking sheets and bake for 9-12 minutes, depending on the size of your cutter.
- Let sit a few minutes on the sheet, then transfer to a cooling rack.

## Nutrition Facts



## Properties

Glycemic Index:13.07, Glycemic Load:9.31, Inflammation Score:-2, Nutrition Score:2.3886956521739%

## Taste

Sweetness: 100%, Saltiness: 6.28%, Sourness: 0.66%, Bitterness: 0.34%, Savoriness: 3.18%, Fattiness: 61.9%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 143.07kcal (7.15%), Fat: 6.39g (9.83%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 20.22g (6.74%), Net Carbohydrates: 19.85g (7.22%), Sugar: 10.51g (11.67%), Cholesterol: 21.65mg (7.22%), Sodium: 85.39mg (3.71%), Protein: 1.55g (3.1%), Selenium: 4.87µg (6.96%), Vitamin B1: 0.1mg (6.61%), Folate: 23.88µg (5.97%), Manganese: 0.1mg (4.95%), Vitamin B2: 0.07mg (4.22%), Vitamin A: 196.36IU (3.93%), Iron: 0.7mg (3.89%), Vitamin B3: 0.75mg (3.76%), Calcium: 29.17mg (2.92%), Phosphorus: 25.29mg (2.53%), Fiber: 0.37g (1.46%), Vitamin E: 0.2mg (1.32%), Copper: 0.02mg (1.16%)