

Butterscotch Apple Cookies

READY IN

45 min.

SERVINGS

42

CALORIES

O

120 kcal

DESSERT

Ingredients

0.7 cup apple juice

1 teaspoon baking soda

1.3 cups brown sugar packed

2 tablespoons butter

2 cups butterscotch chips

1 cup confectioners' sugar

1 eggs

2.5 cups flour all-purpose

	2 teaspoons ground cinnamon
	0.5 teaspoon salt
	0.8 cup walnuts chopped
Εq	uipment
	bowl
	frying pan
	baking sheet
	sauce pan
	oven
	blender
Di	rections
	Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheets.
	Mix together flour, cinnamon, baking soda and salt in medium bowl.
	Beat brown sugar and 1/2 cup butter in large mixer bowl until creamy. Beat in egg. Gradually beat in flour mixture alternately with apple juice. Stir in 1 1/2 cups butterscotch chips, apple and 1/2 cup walnuts. Drop by slightly rounded tablespoon onto lightly greased cookie sheets.
	Bake for 10 to 12 minutes, until lightly browned.
	Let stand 2 minutes; cool on wire racks.
	While the cookies cool make the butterscotch glaze: Melt remaining butterscotch chips and 2 tablespoons butter in small, heavy saucepan over lowest possible heat.
	When the butter and chips have melted remove the pan from heat and stir in 1 cup confectioners' sugar and 11/2 tablespoon apple juice until the glaze is smooth.
	Spread the glaze on the cooled cookies and sprinkle with remaining walnuts.
Nutrition Facts	
	PROTEIN 4.11% FAT 17.43% CARBS 78.46%

Properties

Glycemic Index:5.3, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:1.8573913036481%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Catechin: 0.35mg, Epicatechin: 0.35

Nutrients (% of daily need)

Calories: 119.54kcal (5.98%), Fat: 2.35g (3.62%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 23.37g (8.5%), Sugar: 16.78g (18.64%), Cholesterol: 6.06mg (2.02%), Sodium: 93.56mg (4.07%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.25g (2.5%), Manganese: 0.15mg (7.37%), Vitamin B1: 0.07mg (4.55%), Selenium: 3.11µg (4.44%), Folate: 16.32µg (4.08%), Vitamin B2: 0.05mg (2.83%), Iron: 0.49mg (2.73%), Copper: 0.05mg (2.48%), Vitamin B3: 0.48mg (2.39%), Phosphorus: 18.44mg (1.84%), Fiber: 0.45g (1.81%), Magnesium: 6.07mg (1.52%), Calcium: 11.48mg (1.15%), Vitamin B6: 0.02mg (1.05%)