



Butterscotch Icebox Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 2 cups brown sugar dark packed
- ☐ 2 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

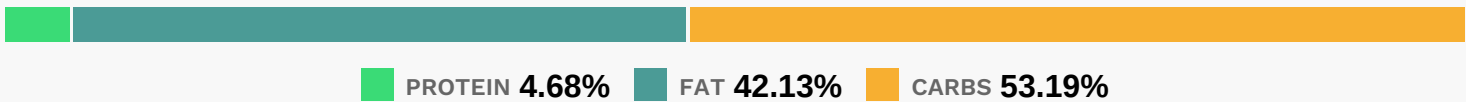
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Cream butter, add sugar and cream well. Beat in eggs, then add sifted dry ingredients, vanilla and nuts.
- ☐ Shape into rolls, wrap in wax paper and freeze or put in refrigerator until firm.
- ☐ Slice and place about an inch apart on greased cookie sheet.
- ☐ Bake about 12 minutes at 400 degrees F (200 degrees C).
- ☐ When done, remove from pan at once with a spatula. Store in a covered container and they will remain crisp.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:6.72, Inflammation Score:-2, Nutrition Score:3.0173913088182%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 160.63kcal (8.03%), Fat: 7.65g (11.76%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 21.1g (7.67%), Sugar: 12.04g (13.37%), Cholesterol: 22.65mg (7.55%), Sodium: 110.39mg (4.8%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.91g (3.82%), Manganese: 0.23mg (11.4%), Vitamin B1: 0.12mg (7.78%), Selenium: 5.2µg (7.42%), Folate: 24.37µg (6.09%), Vitamin B2: 0.08mg (4.55%), Iron: 0.77mg (4.29%), Vitamin B3: 0.77mg (3.86%), Vitamin A: 172.47IU (3.45%), Copper: 0.06mg (3.07%), Phosphorus: 28.36mg (2.84%), Fiber: 0.62g (2.48%), Magnesium: 7.87mg (1.97%), Zinc: 0.26mg (1.76%), Calcium: 17mg (1.7%), Vitamin E: 0.22mg (1.48%), Vitamin B5: 0.14mg (1.4%), Potassium: 46.73mg (1.34%), Vitamin B6: 0.02mg (1.05%)