



Cashew Butterscotch Crispies

READY IN



45 min.

SERVINGS



28

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 cup butterscotch chips
- ☐ 0.8 cup very lightly cashew pieces unsalted salted
- ☐ 1 large eggs
- ☐ 6 oz hodgson mill flour whole wheat
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted softened

- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil light (not extra virgin)

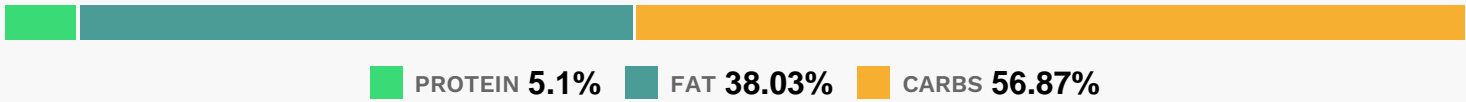
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 350°F. Have ready two ungreased baking sheets.
- ☐ Mix the flour, baking soda and salt together in a bowl and set aside.In a large mixing bowl using a hand held electric mixer, beat the butter and both sugars until well mixed. Gradually add the oil and beat for another minute, scraping sides of bowl often.
- ☐ Add the egg and continue beating on high for about a minute, and then beat in the vanilla. With a large mixing spoon, gradually add the flour mixture and stir until incorporated. Stir in the butterscotch chips and cashews
- ☐ Scoop up dough in packed, level tablespoons and shape into balls. Arrange on ungreased baking sheets, spacing 2 ½ inches apart, and bake one sheet at a time for 10–12 minutes or until cookies start to brown and appear set.
- ☐ Remove from oven and let cool on baking sheets for about 5 minutes. Carefully transfer to a wire rack to cool.
- ☐ Let cookies cool completely before serving (they crisp as they cool).Makes about 28 cookies

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:2.9382608281853%

Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 5.57g (8.57%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 18.75g (6.25%), Net Carbohydrates: 17.98g (6.54%), Sugar: 13.07g (14.53%), Cholesterol: 11.35mg (3.78%), Sodium: 73.56mg (3.2%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.68g (3.36%), Manganese: 0.31mg (15.4%), Selenium: 5.12µg (7.31%), Copper: 0.1mg (5.24%), Vitamin K: 5.03µg (4.79%), Magnesium: 19.03mg (4.76%), Phosphorus: 46.4mg (4.64%), Vitamin B1: 0.05mg (3.1%), Fiber: 0.76g (3.06%), Iron: 0.51mg (2.85%), Zinc: 0.39mg (2.59%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.3mg (2.02%), Vitamin B3: 0.34mg (1.72%), Potassium: 53.44mg (1.53%), Vitamin B2: 0.02mg (1.34%), Vitamin A: 64.72IU (1.29%), Folate: 4.48µg (1.12%), Vitamin B5: 0.1mg (1.01%)