

Cashew Snaps

 Vegetarian

READY IN



35 min.

SERVINGS



36

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1.3 cups brown sugar packed
- ☐ 0.5 cup butter
- ☐ 0.5 cup cashew pieces chopped
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.1 teaspoon salt

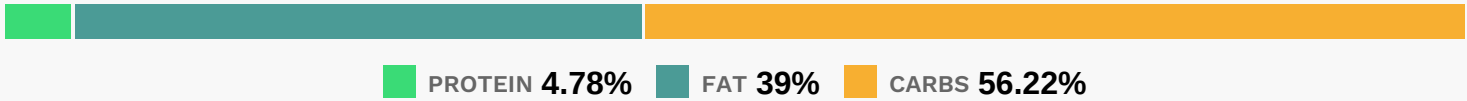
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease cookie sheet.
- ☐ In a large bowl, cream together the butter, brown sugar, and egg. Stir in the chopped cashews, baking soda, salt, and flour. Drop by half teaspoon two inches apart onto greased cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:2.52, Inflammation Score:-1, Nutrition Score:1.3778260820748%

Nutrients (% of daily need)

Calories: 79.09kcal (3.95%), Fat: 3.5g (5.39%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 11.18g (4.07%), Sugar: 7.53g (8.37%), Cholesterol: 11.33mg (3.78%), Sodium: 40.12mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Selenium: 2.33µg (3.32%), Manganese: 0.06mg (3.23%), Vitamin B1: 0.04mg (2.82%), Copper: 0.05mg (2.5%), Folate: 9.14µg (2.28%), Iron: 0.4mg (2.21%), Phosphorus: 18.79mg (1.88%), Magnesium: 7.08mg (1.77%), Vitamin B2: 0.03mg (1.71%), Vitamin A: 85.39IU (1.71%), Vitamin B3: 0.29mg (1.43%), Zinc: 0.15mg (1.03%)