



WHATSheATE



Chai Tea Eggnog Cookies

READY IN



46 min.

SERVINGS



1

CALORIES



3405 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 chai spiced tea bags
- ☐ 1 serving cinnamon sugar
- ☐ 1 large eggs
- ☐ 4 tablespoons eggnog divided
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup powdered sugar
- ☐ 17.5 oz sugar cookie mix

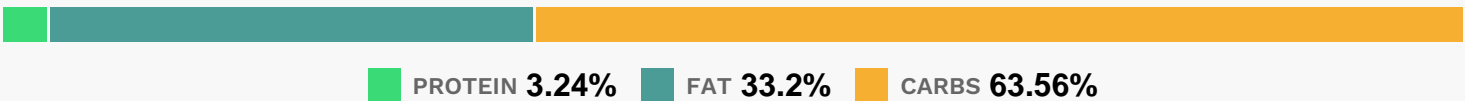
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Remove tea leaves from tea bag; discard bag.
- ☐ Stir together tea leaves, cookie mix, butter, egg, and 2 Tbsp. eggnog until well blended.
- ☐ Drop dough by tablespoonfuls onto parchment paper-lined baking sheets. Flatten dough slightly with bottom of a glass dipped in cinnamon sugar.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly browned.
- ☐ Remove from baking sheet to a wire rack, and cool completely (about 10 minutes).
- ☐ Whisk together powdered sugar, nutmeg, and remaining 2 Tbsp. eggnog until smooth. Spoon over cooled cookies.
- ☐ Note: We tested with Tazo Chai Organic Black Tea.

Nutrition Facts



Properties

Glycemic Index:245.09, Glycemic Load:11.23, Inflammation Score:-8, Nutrition Score:14.593043500962%

Nutrients (% of daily need)

Calories: 3404.84kcal (170.24%), Fat: 126.47g (194.57%), Saturated Fat: 61.7g (385.6%), Carbohydrates: 544.71g (181.57%), Net Carbohydrates: 544.5g (198%), Sugar: 364.83g (405.37%), Cholesterol: 464.92mg (154.97%), Sodium: 2252.83mg (97.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.73g (55.45%), Vitamin A: 3229.23IU (64.58%), Vitamin B2: 0.57mg (33.75%), Selenium: 19.78µg (28.25%), Folate: 107.64µg (26.91%), Vitamin

B1: 0.35mg (23.13%), Vitamin E: 3.28mg (21.88%), Phosphorus: 192.84mg (19.28%), Iron: 2.91mg (16.17%), Vitamin B12: 0.9µg (15.07%), Calcium: 135.29mg (13.53%), Vitamin D: 1.71µg (11.4%), Vitamin B5: 1.14mg (11.38%), Vitamin B3: 2.14mg (10.72%), Vitamin K: 8.27µg (7.88%), Zinc: 1.05mg (7.03%), Vitamin B6: 0.12mg (5.98%), Potassium: 199.97mg (5.71%), Magnesium: 21.34mg (5.33%), Copper: 0.06mg (3.16%), Manganese: 0.05mg (2.56%), Vitamin C: 0.92mg (1.11%)