



Cookie Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



10 min.

SERVINGS



32

CALORIES



20 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 17.6 oz caramelized onions
- 2 tablespoons brown sugar light packed
- 5 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 1 teaspoon vanilla
- 1 tablespoon blackstrap molasses
- 2 tablespoons vegetable oil
- 1 cup water

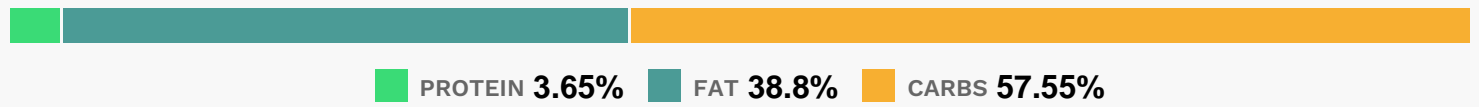
Equipment

- food processor

Directions

- In large food processor, process cookies into fine crumbs. Turn off processor.
- Add brown sugar, cinnamon, nutmeg and vanilla; process until blended. Continue to process while adding molasses and oil through spout.
- With processor running, add just enough water so mixture becomes a creamy consistency (you might not use all the water).
- Add more water as needed until you reach desired texture (it should be about the same as peanut butter).
- Pour cookie butter into airtight container; seal. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:0.77000000611272%

Flavonoids

Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 19.71kcal (0.99%), Fat: 0.88g (1.36%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 1.48mg (0.06%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 0.19g (0.37%), Manganese: 0.09mg (4.3%), Fiber: 0.44g (1.75%), Vitamin K: 1.72µg (1.64%), Vitamin C: 1.17mg (1.41%), Vitamin B6: 0.02mg (1.19%)