



Cream Cheese Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 4 cups confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 2 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup pecans chopped

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

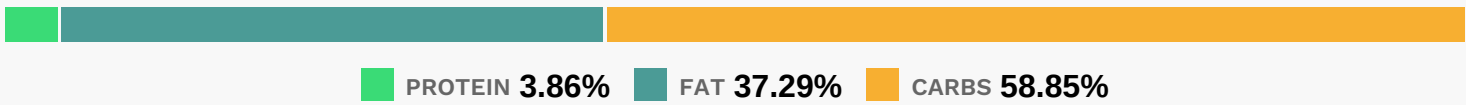
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cream together white and brown sugars, butter or margarine, eggs, baking soda, salt, and vanilla. Spoon in flour and mix well.
- ☐ Mix in 1 cup chopped pecans.
- ☐ Drop by teaspoon onto cookie sheets.
- ☐ Bake 8 to 10 minutes.
- ☐ Let cookies cool, then place filling on one cookie and put together like a sandwich.
- ☐ Mix together cream cheese, confectioner's sugar and 1 cup chopped pecans (optional).
- ☐ Spread on cooled cookies.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:8.02, Inflammation Score:-2, Nutrition Score:2.4443478071657%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 174.53kcal (8.73%), Fat: 7.37g (11.34%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 25.72g (9.35%), Sugar: 18.7g (20.77%), Cholesterol: 21.76mg (7.25%), Sodium: 120.81mg (5.25%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.72g (3.43%), Manganese: 0.17mg (8.46%), Selenium: 4.33µg (6.19%), Vitamin B1: 0.09mg (5.91%), Folate: 18.65µg (4.66%), Vitamin B2: 0.07mg (4.21%), Vitamin A: 192.81IU (3.86%), Iron: 0.56mg (3.11%), Vitamin B3: 0.58mg (2.89%), Phosphorus: 26.14mg (2.61%), Copper: 0.05mg (2.29%), Fiber: 0.46g (1.86%), Magnesium: 5.92mg (1.48%), Zinc: 0.22mg (1.47%), Vitamin E: 0.21mg (1.38%), Calcium: 13.69mg (1.37%), Vitamin B5: 0.13mg (1.26%), Potassium: 35.48mg (1.01%)