



Cream Cheese Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 8 ounces cream cheese
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup sugar white

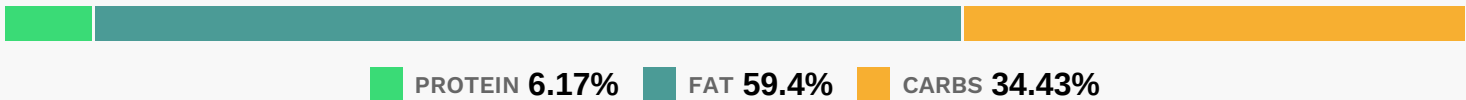
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cream together butter and sugar.
- ☐ Add flour and nuts. Pat into a 9 x 9 pan. (Reserve some for top.)
- ☐ Bake for 12 minutes.
- ☐ Cream together cream cheese, sugar and add remaining ingredients
- ☐ Pour on top of crust.
- ☐ Sprinkle reserved crumbs over top.
- ☐ Bake for 20 minutes.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:3.02, Inflammation Score:-1, Nutrition Score:1.3952174031216%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 75.91kcal (3.8%), Fat: 5.11g (7.87%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.46g (2.35%), Sugar: 3.71g (4.12%), Cholesterol: 15.53mg (5.18%), Sodium: 36.04mg (1.57%),

Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 1.2g (2.39%), Manganese: 0.08mg (4.09%), Selenium: 2.24µg (3.2%), Vitamin A: 145.42IU (2.91%), Vitamin B2: 0.04mg (2.46%), Vitamin B1: 0.04mg (2.36%), Folate: 9.2µg (2.3%), Phosphorus: 19.98mg (2%), Copper: 0.03mg (1.7%), Iron: 0.25mg (1.4%), Calcium: 12.16mg (1.22%), Vitamin B3: 0.23mg (1.17%), Magnesium: 4.39mg (1.1%)