



## Eggnog Cookies III

READY IN



45 min.

SERVINGS



30

CALORIES



115 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter softened
- 2 egg yolks
- 0.5 cup eggnog
- 2.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1.3 cups sugar white

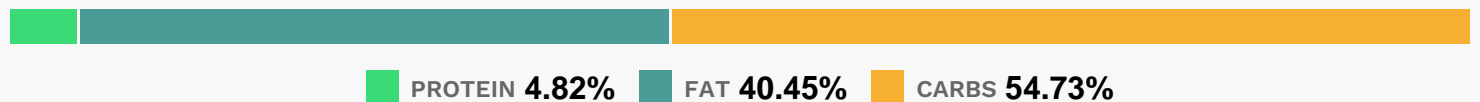
## Equipment

- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Combine flour, baking powder, cinnamon, and nutmeg.
- Mix well with a wire whisk and set aside.
- Cream sugar and butter until it forms a grainy paste. Stir in eggnog, vanilla, and egg yolks. Beat at medium speed until smooth.
- Add flour mixture and beat at low speed just until combined.
- Drop cookie dough by rounded teaspoonfuls onto ungreased baking sheets, 1 inch apart.
- Sprinkle lightly with nutmeg.
- Bake for 20 to 25 minutes, or until bottoms turn light brown.

## Nutrition Facts



## Properties

Glycemic Index:13.9, Glycemic Load:11.23, Inflammation Score:-1, Nutrition Score:1.9804347682258%

## Nutrients (% of daily need)

Calories: 115.37kcal (5.77%), Fat: 5.24g (8.06%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.67g (5.7%), Sugar: 8.73g (9.7%), Cholesterol: 27.66mg (9.22%), Sodium: 53.78mg (2.34%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.41g (2.81%), Selenium: 4.14µg (5.91%), Vitamin B1: 0.08mg (5.18%), Folate: 19.17µg (4.79%), Vitamin B2: 0.06mg (3.79%), Manganese: 0.07mg (3.66%), Vitamin A: 168.01IU (3.36%), Vitamin B3: 0.56mg (2.81%), Iron: 0.5mg (2.78%), Phosphorus: 23.87mg (2.39%), Calcium: 18.21mg (1.82%), Vitamin E: 0.18mg (1.19%), Fiber: 0.28g (1.14%), Vitamin B5: 0.1mg (1.01%)