



## Frosted Pumpkin Cookies

READY IN



40 min.

SERVINGS



39

CALORIES



237 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 1.5 cups brown sugar packed
- 1.5 cups brown sugar packed
- 0.5 cup butter cubed
- 2 cups powdered sugar
- 1 cup dates chopped
- 4 cups flour all-purpose
- 2 teaspoons ground cinnamon

- 1 teaspoon peppermint flavoring
- 0.3 cup milk 2%
- 1 cup pecans chopped
- 0.1 teaspoon salt
- 1 cup shortening
- 15 ounces pumpkin puree canned
- 0.5 teaspoon vanilla extract

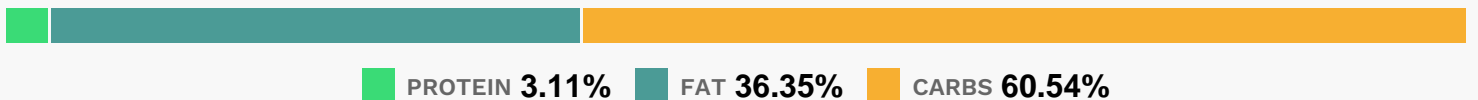
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- In a large bowl, cream shortening and brown sugar until light and fluffy. Beat in pumpkin.
- Combine the flour, baking powder, baking soda, cinnamon and salt; gradually add to pumpkin mixture and mix well. Stir in pecans and dates.
- Drop by rounded teaspoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 375° for 13–15 minutes or until firm.
- Meanwhile, for frosting, combine the butter, brown sugar and milk in a small saucepan. Bring to a boil over medium heat, stirring constantly; boil for 3 minutes.
- Remove from the heat; stir in maple flavoring and vanilla.
- Cool slightly; beat in enough confectioners' sugar to achieve spreading consistency.
- Remove cookies to wire racks; frost while warm.

## Nutrition Facts



## Properties

Glycemic Index:7.28, Glycemic Load:8.46, Inflammation Score:-8, Nutrition Score:5.3439131288425%

## Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 237.16kcal (11.86%), Fat: 9.83g (15.12%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 35.56g (12.93%), Sugar: 25.42g (28.24%), Cholesterol: 6.38mg (2.13%), Sodium: 110.71mg (4.81%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 1.89g (3.78%), Vitamin A: 1773.45IU (35.47%), Manganese: 0.27mg (13.43%), Vitamin B1: 0.13mg (8.37%), Selenium: 4.92µg (7.03%), Folate: 26.44µg (6.61%), Iron: 1.02mg (5.64%), Fiber: 1.29g (5.15%), Vitamin K: 5.02µg (4.78%), Vitamin B2: 0.08mg (4.73%), Vitamin B3: 0.9mg (4.5%), Copper: 0.08mg (4.02%), Calcium: 37.95mg (3.79%), Vitamin E: 0.56mg (3.71%), Phosphorus: 35.07mg (3.51%), Magnesium: 12.2mg (3.05%), Potassium: 98.37mg (2.81%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.26mg (1.76%), Vitamin B6: 0.03mg (1.58%)