



Frosted Turtle Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons baking cocoa
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons butter softened
- ☐ 1 eggs
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 80 halves pecan halves
- ☐ 1.5 cups powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup whipping cream

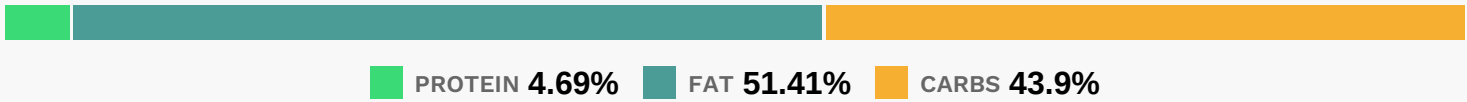
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Stir together flour, soda and salt. Beat butter at medium speed with an electric mixer until creamy; gradually add flour mixture, mixing well. Stir in vanilla. (Dough will be soft.) Cover and chill 30 minutes. Arrange pecan halves in groups of five on greased baking sheets to resemble head and legs of turtle.
- ☐ Shape dough into 1 1/2-inch balls, using a rounded teaspoonful of dough for each so tips of nuts will show when cookies are baked. Dip bottom of dough into unbeaten egg white and press lightly onto nuts; flatten tops slightly.
- ☐ Bake at 350 for 12 to 14 minutes. (Do not overbake.) Cool completely on wire racks.
- ☐ Beat butter in a small mixing bowl at medium speed with an electric mixer until creamy. Gradually add sugar, cocoa, and whipping cream, beating until smooth. Generously spread frosting on top of cookies.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:6.5, Inflammation Score:-3, Nutrition Score:5.2060869825275%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 255.56kcal (12.78%), Fat: 15.16g (23.32%), Saturated Fat: 6.63g (41.41%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 27.45g (9.98%), Sugar: 18.16g (20.17%), Cholesterol: 45.56mg (15.19%), Sodium: 127.53mg (5.54%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Caffeine: 4.31mg (1.44%), Protein: 3.11g (6.22%), Manganese: 0.47mg (23.68%), Vitamin B1: 0.14mg (9.54%), Selenium: 6.55µg (9.36%), Copper: 0.18mg (9.02%), Fiber: 1.68g (6.73%), Folate: 26.68µg (6.67%), Vitamin A: 331.16IU (6.62%), Vitamin B2: 0.11mg (6.42%), Iron: 1.14mg (6.33%), Phosphorus: 61.47mg (6.15%), Magnesium: 22.15mg (5.54%), Vitamin B3: 0.83mg (4.17%), Zinc: 0.62mg (4.13%), Vitamin E: 0.42mg (2.83%), Potassium: 92.66mg (2.65%), Vitamin B5: 0.23mg (2.3%), Calcium: 22.77mg (2.28%), Vitamin B6: 0.04mg (1.79%), Vitamin B12: 0.07µg (1.19%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.14µg (1.09%)