



## Ginger Pumpkin Cookies

 Gluten Free  Low Fod Map

READY IN



60 min.

SERVINGS



32

CALORIES



140 kcal

### Ingredients

- 17.5 oz pumpkin pie spice
- 0.5 cup butter softened
- 1 teaspoon ground ginger
- 1 tablespoon pumpkin pie spice
- 1 eggs slightly beaten
- 16 oz cream cheese frosting

### Equipment

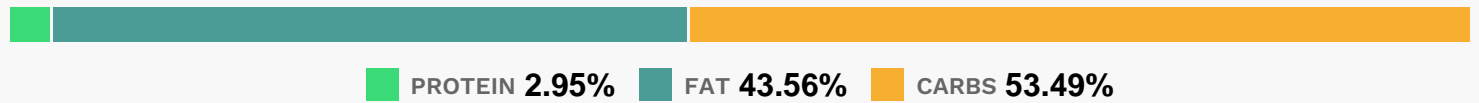
- bowl
- baking sheet

- oven
- ziploc bags

## Directions

- In large bowl, mix all ingredients except frosting until soft dough forms. Refrigerate 30 minutes.
- Heat oven to 350°F. Drop dough by heaping tablespoonfuls 2 inches apart on ungreased cookie sheets.
- Bake 8 to 11 minutes or until edges are golden brown. Cool 1 minute; remove from cookie sheets to cooling racks. Cool at least 5 minutes.
- Spoon frosting into resealable food-storage plastic bag.
- Cut about 1/4 inch off corner of bag. Squeeze bag to drizzle frosting over cookies.
- Let stand until set, about ## minutes.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:7.9739130553992%

## Nutrients (% of daily need)

Calories: 140.17kcal (7.01%), Fat: 7.42g (11.41%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 18.17g (6.61%), Sugar: 10.23g (11.37%), Cholesterol: 5.11mg (1.7%), Sodium: 70.65mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Manganese: 2.51mg (125.46%), Iron: 3.15mg (17.51%), Calcium: 109.34mg (10.93%), Fiber: 2.33g (9.32%), Magnesium: 22.03mg (5.51%), Vitamin C: 3.68mg (4.46%), Vitamin K: 4.46µg (4.25%), Copper: 0.08mg (4%), Vitamin A: 175.27IU (3.51%), Vitamin B6: 0.07mg (3.29%), Potassium: 113.21mg (3.23%), Vitamin E: 0.43mg (2.85%), Selenium: 1.99µg (2.84%), Zinc: 0.39mg (2.63%), Phosphorus: 22.58mg (2.26%), Vitamin B3: 0.36mg (1.81%), Vitamin B2: 0.03mg (1.77%), Vitamin B1: 0.02mg (1.43%), Folate: 4.46µg (1.11%)