



Glazed Spice Cake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



102 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 cup brown sugar packed
- 0.3 cup butter softened
- 1 cup pumpkin canned
- 2 large egg whites
- 0.3 cup milk fat-free
- 1 tablespoon milk fat-free
- 1.5 cups flour all-purpose

- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 1 Dash ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 0.8 cup powdered sugar
- 0.5 teaspoon salt
- 0.3 teaspoon vanilla extract
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wire rack
- blender
- measuring cup

Directions

- Preheat oven to 37
- To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 6 ingredients (flour through salt); stir well.
- Combine pumpkin, brown sugar, and butter in a large bowl; beat with a mixer at medium speed until light and fluffy.
- Add milk, vanilla, and egg whites; beat well. Gradually add flour mixture to pumpkin mixture; stir until combined.
- Drop dough by heaping tablespoonfuls onto baking sheets coated with cooking spray.

- Bake at 375 10 minutes or until almost firm. Cool on pans 1 minute on a wire rack; remove from pans. Cool completely on wire rack.
- To prepare glaze, combine powdered sugar, milk, vanilla, and cinnamon; stir well with a whisk. Dip tops of cookies in glaze.
- Place cookies, glaze side up, on wire racks; allow to set.

Nutrition Facts



Properties

Glycemic Index:15.77, Glycemic Load:4.44, Inflammation Score:-8, Nutrition Score:3.4886955936318%

Nutrients (% of daily need)

Calories: 102.36kcal (5.12%), Fat: 2.05g (3.16%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 19.36g (7.04%), Sugar: 13.15g (14.61%), Cholesterol: 5.18mg (1.73%), Sodium: 99.46mg (4.32%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Protein: 1.37g (2.74%), Vitamin A: 1654.84IU (33.1%), Manganese: 0.11mg (5.26%), Selenium: 3.47µg (4.95%), Vitamin B1: 0.07mg (4.4%), Folate: 15.91µg (3.98%), Vitamin B2: 0.06mg (3.66%), Iron: 0.62mg (3.42%), Calcium: 32.5mg (3.25%), Vitamin B3: 0.52mg (2.6%), Fiber: 0.58g (2.31%), Phosphorus: 22.46mg (2.25%), Vitamin K: 1.88µg (1.79%), Potassium: 53.66mg (1.53%), Magnesium: 5.96mg (1.49%), Copper: 0.03mg (1.44%), Vitamin E: 0.17mg (1.14%), Vitamin B5: 0.11mg (1.07%)