



Gluten-free Pumpkin Honey Spice Cookies

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



36

CALORIES



99 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 2 cups flour blend* gluten-free
- 0.7 cup cranberries dried
- 1 large eggs
- 0.5 teaspoon guar gum powder
- 0.8 cup honey

- 1 cup pecans chopped
- 1 tablespoon pumpkin pie spice
- 1 cup pumpkin puree
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- hand mixer
- stand mixer
- spatula

Directions

- Heat oven to 350 degrees F. Grease or line with parchment paper 3 cookie sheets. In a bowl, whisk together dry ingredients. On a stand mixer fitted with the paddle attachment, or with a hand mixer, cream together honey and butter. Beat in pumpkin and egg (mixture will look curdled, but will smooth out when dry ingredients are added).
- On low speed, mix in dry ingredients until blended; mix in pecans and cranberries. Drop tablespoons of dough onto prepared cookie sheets, leaving 1 inch between them.
- Bake 15 minutes or until firm to the touch. Cool on pan 5 minutes; with spatula, transfer to wire rack and cool completely.

Nutrition Facts



PROTEIN 4.78% FAT 43.72% CARBS 51.5%

Properties

Glycemic Index:5.67, Glycemic Load:3.08, Inflammation Score:-6, Nutrition Score:2.6452174225579%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 99.16kcal (4.96%), Fat: 5.16g (7.94%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 12.32g (4.48%), Sugar: 8.02g (8.91%), Cholesterol: 11.95mg (3.98%), Sodium: 97.55mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin A: 1147.57IU (22.95%), Manganese: 0.18mg (9.24%), Fiber: 1.36g (5.44%), Iron: 0.52mg (2.9%), Copper: 0.05mg (2.47%), Calcium: 18.18mg (1.82%), Phosphorus: 17.37mg (1.74%), Vitamin E: 0.25mg (1.68%), Vitamin K: 1.64µg (1.56%), Vitamin B1: 0.02mg (1.52%), Magnesium: 5.95mg (1.49%), Zinc: 0.19mg (1.28%), Vitamin B2: 0.02mg (1.09%)