



## Habanero Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



184 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 cup butter softened
- 2 eggs
- 2.8 cups flour all-purpose
- 10 habanero peppers minced seeded
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 1.5 cups sugar white

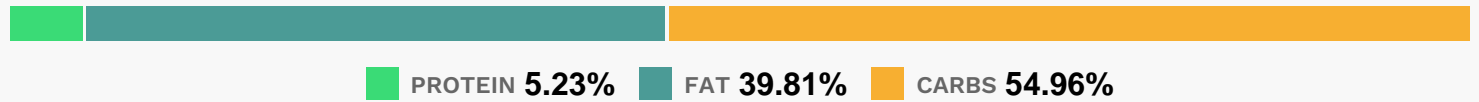
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large bowl, mix the peppers, sugar, butter, vanilla, and eggs. Beat until smooth. In a separate bowl, sift together the flour, baking soda, and salt. Stir into the pepper mixture just until combined. Drop by rounded teaspoonfuls onto ungreased cookie sheets.
- Bake 10 minutes in the preheated oven, or until golden brown. Cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:8.55, Glycemic Load:16.78, Inflammation Score:-5, Nutrition Score:6.2700000094331%

## Flavonoids

Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg, Luteolin: 2.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 183.72kcal (9.19%), Fat: 8.28g (12.74%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.5g (8.91%), Sugar: 13.74g (15.27%), Cholesterol: 33.98mg (11.33%), Sodium: 210.43mg (9.15%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 2.45g (4.9%), Vitamin C: 39.87mg (48.32%), Vitamin B1: 0.14mg (9.51%), Selenium: 6.15µg (8.79%), Vitamin A: 439.62IU (8.79%), Folate: 33.18µg (8.29%), Manganese: 0.16mg (8.02%), Vitamin B2: 0.11mg (6.3%), Vitamin B6: 0.12mg (6.2%), Vitamin B3: 1.09mg (5.46%), Iron: 0.91mg (5.04%), Fiber: 1.23g (4.92%), Vitamin K: 4.39µg (4.18%), Phosphorus: 34.93mg (3.49%), Potassium: 109.94mg (3.14%), Vitamin E: 0.45mg (3%), Copper: 0.06mg (2.85%), Magnesium: 8.76mg (2.19%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.22mg (1.48%), Calcium: 11.63mg (1.16%)