



Honey-Dipped Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

Ingredients

- 0.3 cup honey
- 3 slices optional: lemon
- 2 teaspoons juice of lemon
- 0.5 cup pistachios finely chopped
- 24 shortbread cookies
- 1 cup sugar
- 0.5 cup water

Equipment

sauce pan

wax paper

Directions

Combine sugar, honey, water, lemon juice, and lemon slices in a saucepan; bring to a boil. Simmer, stirring occasionally to dissolve sugar (15–20 minutes). Set aside to cool completely. Dip shortbread cookies into cooled syrup, then finely chopped pistachios to coat.

Transfer to a wax paper-lined plate until set.

Nutrition Facts

PROTEIN 3.73% **FAT 29.55%** **CARBS 66.72%**

Properties

Glycemic Index:9.58, Glycemic Load:11.93, Inflammation Score:-1, Nutrition Score:1.5243478326694%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 112.54kcal (5.63%), Fat: 3.81g (5.87%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 18.95g (6.89%), Sugar: 14.57g (16.19%), Cholesterol: 0mg (0%), Sodium: 35.87mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Manganese: 0.08mg (3.9%), Vitamin B1: 0.06mg (3.87%), Vitamin B6: 0.05mg (2.63%), Folate: 9.68µg (2.42%), Iron: 0.43mg (2.38%), Vitamin B2: 0.04mg (2.3%), Copper: 0.05mg (2.29%), Vitamin E: 0.3mg (2.03%), Phosphorus: 19.52mg (1.95%), Vitamin B3: 0.37mg (1.84%), Fiber: 0.43g (1.72%), Selenium: 0.89µg (1.27%), Magnesium: 4.74mg (1.18%), Potassium: 39.32mg (1.12%), Vitamin K: 1.1µg (1.05%)