



## Icebox Cookie Favors

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



95 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup brown sugar light
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 1 cup walnuts chopped

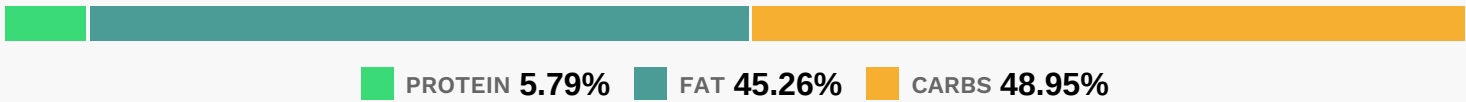
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen twine

# Directions

- ☐ Sift together the flour, baking powder, and salt in a medium bowl and set aside. In a separate bowl, cream the butter and sugar until well blended.
- ☐ Add the egg and vanilla, then beat until light and fluffy.
- ☐ Add the flour mixture a half cup at a time, mixing well after each addition.
- ☐ Add the walnuts and mix to incorporate.
- ☐ Place the dough on a clean board and roll into a log approximately 2 1/2 inches in diameter. Wrap the dough log in waxed paper, fold ends under or tie with kitchen string to seal, and chill for at least 2 hours and up to 5 days.
- ☐ When you are ready to bake the cookies, preheat oven to 350°F. Unwrap dough and slice crosswise into thin rounds approximately 1/4 inch thick.
- ☐ Bake on a cookie sheet lightly coated with nonstick spray for approximately 8 minutes.
- ☐ Place the shredded paper in the bottom of the box.
- ☐ Place the cookie on top of the paper and cover with the lid. Tie the ribbon around the box like a package and finish off with a knot.

# Nutrition Facts



# Properties

Glycemic Index:5.19, Glycemic Load:3.94, Inflammation Score:-1, Nutrition Score:2.1034782549933%

# Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 94.55kcal (4.73%), Fat: 4.86g (7.48%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 11.42g (4.15%), Sugar: 6.05g (6.72%), Cholesterol: 11.33mg (3.78%), Sodium: 59.86mg (2.6%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.4g (2.8%), Manganese: 0.16mg (8.15%), Vitamin B1: 0.07mg (4.42%), Selenium: 2.99µg (4.28%), Folate: 16.62µg (4.16%), Copper: 0.07mg (3.3%), Iron: 0.51mg (2.82%), Vitamin B2: 0.05mg (2.7%), Phosphorus: 27.04mg (2.7%), Calcium: 23.83mg (2.38%), Vitamin B3: 0.46mg (2.28%), Magnesium: 7.5mg (1.87%), Vitamin A: 86.04IU (1.72%), Fiber: 0.41g (1.62%), Vitamin B6: 0.03mg (1.26%), Zinc: 0.17mg (1.13%)