



Iced Spiced Pumpkin Spritz Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



72

CALORIES



75 kcal

DESSERT

Ingredients

- 0.5 teaspoon allspice
- 1 teaspoon double-acting baking powder
- 1 cup brown sugar
- 1 cup butter softened
- 2 cups confectioners' sugar
- 3 tablespoons plus light
- 1 eggs
- 3.5 cups flour all-purpose

- 4 teaspoons ground cinnamon
- 0.5 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- 0.3 cup milk
- 0.7 cup pumpkin puree
- 0.3 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Beat brown sugar and butter together in a large bowl with an electric mixer until creamy, 1 to 2 minutes. Beat pumpkin, egg, and 2 teaspoons vanilla extract into butter mixture.
- Whisk flour, 2 tablespoons cinnamon, ginger, nutmeg, baking powder, cloves, allspice, and salt together in a bowl.
- Add flour mixture to pumpkin mixture and stir until dough is completely combined.
- Fill a cookie press with pumpkin cookie dough. Press cookies 2-inches apart on baking sheets.
- Bake cookies in batches in the preheated oven until edges begin to brown, 5 to 8 minutes.
- Transfer cookies to wire racks to cool completely.
- Whisk confectioners' sugar, milk, corn syrup, 4 teaspoons cinnamon, and 2 teaspoons vanilla extract together in a bowl to an icing consistency. Dip cooled cookies in icing and shake gently to remove excess.
- Place iced cookies on a sheet of waxed paper while icing dries.

Nutrition Facts



■ PROTEIN 4.21% ■ FAT 32.27% ■ CARBS 63.52%

Properties

Glycemic Index:5.06, Glycemic Load:3.53, Inflammation Score:-3, Nutrition Score:1.6478260878635%

Nutrients (% of daily need)

Calories: 75.03kcal (3.75%), Fat: 2.73g (4.19%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.77g (4.28%), Sugar: 7.09g (7.88%), Cholesterol: 9.15mg (3.05%), Sodium: 37.24mg (1.62%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 0.8g (1.6%), Vitamin A: 436.98IU (8.74%), Manganese: 0.09mg (4.51%), Selenium: 2.4µg (3.42%), Vitamin B1: 0.05mg (3.32%), Folate: 11.85µg (2.96%), Vitamin B2: 0.04mg (2.19%), Iron: 0.38mg (2.09%), Vitamin B3: 0.38mg (1.9%), Fiber: 0.31g (1.23%), Phosphorus: 11.76mg (1.18%), Calcium: 11mg (1.1%)