



Libby's® Pumpkin Orange Cookies

 Vegetarian

READY IN



24 min.

SERVINGS



48

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2.5 tablespoons orange juice
- ☐ 0.5 teaspoon orange peel grated

- ☐ 1.5 cups powdered sugar sifted
- ☐ 15 ounce libby's® pumpkin 100% pure canned
- ☐ 0.5 teaspoon salt

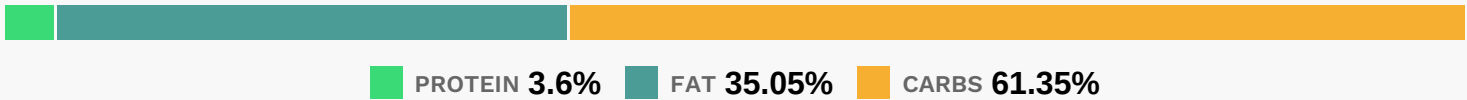
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 375 F.
- ☐ Combine flour, baking soda and salt in medium bowl.
- ☐ Combine butter, granulated sugar and brown sugar in large mixer bowl; beat until creamy.
- ☐ Add egg, pumpkin, orange juice and orange peel; beat until combined. Gradually add flour mixture; beat until combined. Stir in nuts. Drop dough by rounded tablespoon onto ungreased baking sheets.
- ☐ Bake for 12 to 14 minutes or until edges are set.
- ☐ Remove to wire racks to cool completely.
- ☐ Spread each cookie with about 1/2 teaspoon Orange Glaze.
- ☐ Combine 1 1/2 cups sifted powdered sugar, 2 to 3 tablespoons orange juice and 1/2 teaspoon grated orange peel in medium bowl until smooth.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:6.93, Inflammation Score:-5, Nutrition Score:2.2152173891664%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Nutrients (% of daily need)

Calories: 100.98kcal (5.05%), Fat: 4.01g (6.17%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 15.57g (5.66%), Sugar: 10.39g (11.55%), Cholesterol: 13.58mg (4.53%), Sodium: 68.32mg (2.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin A: 879.18IU (17.58%), Vitamin B1: 0.06mg (3.8%), Selenium: 2.64µg (3.77%), Folate: 14.2µg (3.55%), Vitamin B2: 0.05mg (2.91%), Manganese: 0.06mg (2.89%), Iron: 0.41mg (2.29%), Vitamin B3: 0.45mg (2.23%), Vitamin C: 1.27mg (1.54%), Vitamin E: 0.22mg (1.45%), Phosphorus: 14.13mg (1.41%), Potassium: 44.51mg (1.27%), Copper: 0.02mg (1.17%)