



Make-a-Face Pumpkin Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



10

CALORIES



65 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 eggs
- ☐ 1 serving peanut butter candy pieces such as licorice candies, candy-coated peanut butter candies and candy-coated chocolate candies assorted

☐ 1.5 cups frangelico

Equipment

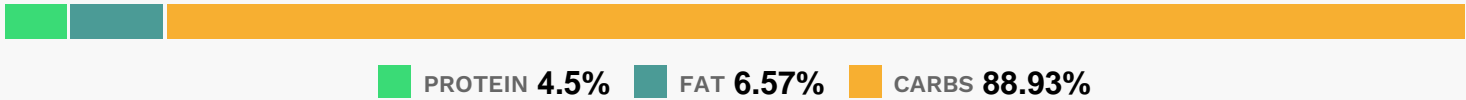
☐ wire rack

☐ microwave

Directions

- ☐ Place waxed paper on microwavable plate.
- ☐ Mix all ingredients except candies until very soft dough forms.
- ☐ Drop dough by 2 rounded tablespoonfuls onto waxed paper; spread to make 3-inch circle. Make 3 cookies at a time. Decorate with candies to make monster faces, placing candies within 1/2 inch of edges.
- ☐ Microwave uncovered on High 1 minute. Turn plate 1/2 turn. Microwave 30 seconds to 1 minute longer, checking once or twice, until cookies are puffed and dry. Slide waxed paper with cookies onto wire rack. Cool 5 minutes; remove from waxed paper to wire rack. Repeat with remaining dough.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:2.5547826024501%

Nutrients (% of daily need)

Calories: 65.12kcal (3.26%), Fat: 0.49g (0.75%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.53g (4.92%), Sugar: 10.81g (12.02%), Cholesterol: 16.37mg (5.46%), Sodium: 37.7mg (1.64%), Alcohol: 0.14g (100%), Alcohol %: 0.58% (100%), Protein: 0.75g (1.5%), Vitamin A: 1144.96IU (22.9%), Manganese: 0.15mg (7.58%), Fiber: 1.31g (5.23%), Selenium: 1.7µg (2.43%), Vitamin B5: 0.24mg (2.38%), Vitamin B2: 0.04mg (2.17%), Calcium: 19.91mg (1.99%), Iron: 0.35mg (1.92%), Folate: 7.03µg (1.76%), Vitamin B6: 0.03mg (1.74%), Phosphorus: 15.92mg (1.59%), Potassium: 43.07mg (1.23%), Magnesium: 4.3mg (1.07%), Copper: 0.02mg (1.01%)