



Maple Cookies



Vegetarian



Popular

READY IN



30 min.

SERVINGS



36

CALORIES



101 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 cup brown sugar dark
- ☐ 1 teaspoon vanilla extract
- ☐ 1 large eggs
- ☐ 0.5 cup tablespoon of maple syrup (Grade B preferably)
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt

☐ 0.8 cup walnuts chopped

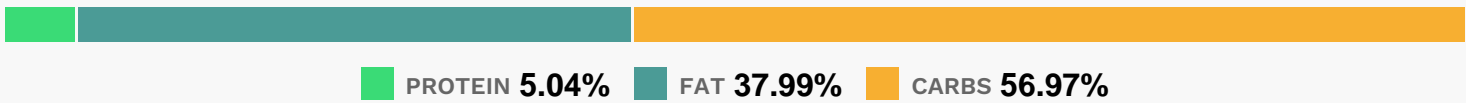
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ the butter and sugar together at medium speed with an electric mixer for three minutes or until light and fluffy.
- ☐ Add the vanilla extract and egg and mix until well incorporated.
- ☐ Add the maple syrup and mix until well incorporated.
- ☐ In a separate bowl vigorously whisk together the flour, baking soda and salt. Slowly add the flour mixture to the butter mixture and mix until just incorporated. Fold in the walnuts.
- ☐ with plastic wrap and chill for thirty minutes.
- ☐ the oven to 350°F. Drop spoonfuls of the cookie, about 1 inch balls, onto cookies sheets lined with parchment paper.
- ☐ Bake at 350°F for 10–12 minutes or until lightly browned around the edges.
- ☐ Allow to cool on the cookie sheet for a minute or two before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.65, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:2.2834782461109%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 101.43kcal (5.07%), Fat: 4.35g (6.69%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.32g (5.21%), Sugar: 8.71g (9.68%), Cholesterol: 11.95mg (3.98%), Sodium: 52.13mg (2.27%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 1.3g (2.59%), Manganese: 0.24mg (11.91%), Vitamin B2: 0.1mg (6.02%), Vitamin B1: 0.07mg (4.43%), Selenium: 3.01µg (4.29%), Folate: 15.91µg (3.98%), Copper: 0.05mg (2.66%), Iron: 0.47mg (2.59%), Vitamin B3: 0.45mg (2.25%), Phosphorus: 19.69mg (1.97%), Magnesium: 7.11mg (1.78%), Vitamin A: 86.78IU (1.74%), Calcium: 14.94mg (1.49%), Fiber: 0.35g (1.4%), Zinc: 0.18mg (1.19%), Potassium: 39.21mg (1.12%), Vitamin B6: 0.02mg (1.06%)