



Maple-Nut Cookies with Maple Icing

READY IN



85 min.

SERVINGS



42

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 0.5 teaspoon peppermint flavoring
- ☐ 1 teaspoon peppermint flavoring
- ☐ 1 tablespoon milk
- ☐ 0.8 cup pecans

☐ 0.8 cup powdered sugar

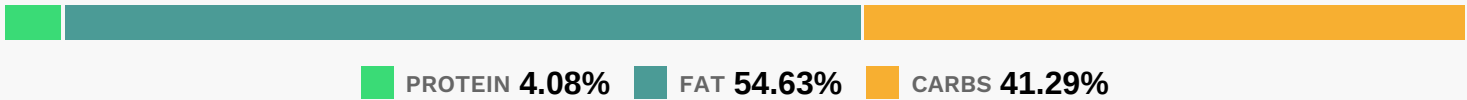
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cutting board

Directions

- ☐ Heat oven to 350F. In 8-inch square pan, bake pecans 6 to 8 minutes, stirring occasionally, until light brown.
- ☐ Spread nuts on cutting board; cool 5 minutes. Finely chop.
- ☐ In large bowl, beat butter and brown sugar with electric mixer on medium speed, scraping bowl occasionally, until fluffy. Beat in 1/2 teaspoon maple flavor and the egg until well blended. Stir in flour and chopped toasted pecans.
- ☐ Shape dough into 1-inch balls. On ungreased cookie sheets, place balls 2 inches apart. Flatten in crisscross pattern with fork dipped in granulated sugar.
- ☐ Bake 11 to 14 minutes or until edges just begin to brown. Cool 1 minute; remove from cookie sheets to cooling racks. Cool completely, about 10 minutes.
- ☐ In small bowl, mix icing ingredients until smooth; drizzle over cookies.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:3.5, Inflammation Score:-2, Nutrition Score:1.6321739324409%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 93.84kcal (4.69%), Fat: 5.79g (8.91%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.03g (5.59%), Cholesterol: 3.94mg (1.31%), Sodium: 53.49mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Manganese: 0.12mg (6.11%), Vitamin A: 200.55IU (4.01%), Vitamin B1: 0.06mg (3.97%), Selenium: 2.46µg (3.51%), Folate: 11.85µg (2.96%), Vitamin B2: 0.04mg (2.32%), Iron: 0.36mg (2%), Vitamin B3: 0.38mg (1.89%), Copper: 0.03mg (1.6%), Phosphorus: 15.11mg (1.51%), Vitamin E: 0.21mg (1.38%), Fiber: 0.33g (1.32%)