



WHATSheATE



## Maple-Nut Cookies with Maple Icing

READY IN



85 min.

SERVINGS



42

CALORIES



94 kcal

DESSERT

### Ingredients

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

☐ 1 teaspoon peppermint flavoring

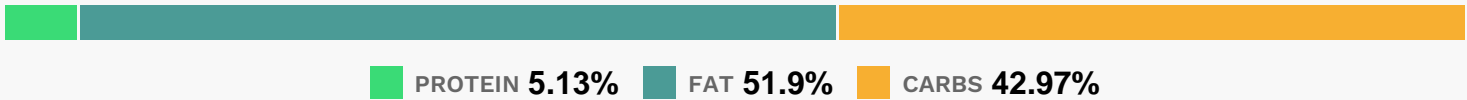
## Equipment

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

## Directions

- ☐ Heat oven to 350°F. 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:4.96, Glycemic Load:3.65, Inflammation Score:-2, Nutrition Score:1.7886956534146%

## Nutrients (% of daily need)

Calories: 94.37kcal (4.72%), Fat: 5.53g (8.51%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 10.07g (3.66%), Sugar: 5.09g (5.66%), Cholesterol: 3.94mg (1.31%), Sodium: 53.76mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Selenium: 2.85µg (4.07%), Manganese: 0.08mg (4.04%), Vitamin A: 199.56IU (3.99%), Vitamin B1: 0.06mg (3.84%), Copper: 0.06mg (3.06%), Folate: 12.04µg (3.01%), Iron: 0.47mg (2.6%), Phosphorus: 23.87mg (2.39%), Vitamin B2: 0.04mg (2.26%), Magnesium: 8.6mg (2.15%), Vitamin B3: 0.38mg (1.91%), Vitamin E: 0.2mg (1.35%), Zinc: 0.19mg (1.27%)