



Maple-Spice Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



66 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup firmly brown sugar packed
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 2 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1.3 teaspoons maple extract
- ☐ 0.3 cup butter softened
- ☐ 1 teaspoon vanilla extract

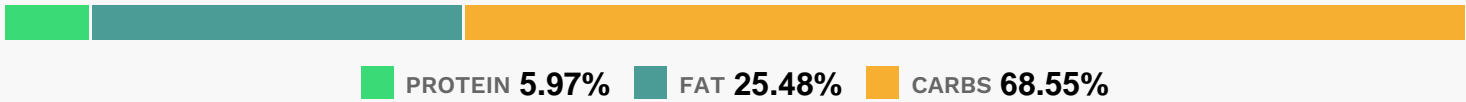
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Cream the sugar and margarine at medium speed of a mixer until light and fluffy (about 3 minutes).
- ☐ Add extracts, egg, and egg white; beat well.
- ☐ Combine flour, baking soda, cinnamon, allspice, and cloves; stir well. Gradually add to creamed mixture, beating well.
- ☐ Drop the dough by level tablespoons onto baking sheets coated with cooking spray.
- ☐ Bake at 325 for 10 minutes; let cool on pans 1 minute.
- ☐ Remove from pans; let cool completely on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:3.84, Inflammation Score:-1, Nutrition Score:1.3017391109758%

Nutrients (% of daily need)

Calories: 66.24kcal (3.31%), Fat: 1.88g (2.89%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 11.17g (4.06%), Sugar: 5.97g (6.64%), Cholesterol: 4.55mg (1.52%), Sodium: 47.63mg (2.07%), Alcohol: 0.04g (100%), Alcohol %: 0.27% (100%), Protein: 0.99g (1.98%), Selenium: 2.97µg (4.24%), Vitamin B1: 0.06mg (3.69%), Folate: 13.41µg (3.35%), Manganese: 0.06mg (3.07%), Vitamin B2: 0.04mg (2.62%), Iron: 0.39mg (2.18%), Vitamin B3: 0.42mg (2.1%), Vitamin A: 81.95IU (1.64%), Phosphorus: 10.82mg (1.08%)