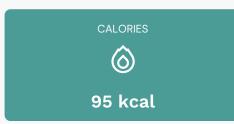


Maple-Walnut Spice Cookies

Vegetarian







DESSERT

Ingredients

0.5 teaspoon baking soda
0.3 cup butter softened
2 teaspoons butter softened

0.8 cup brown sugar dark packed

1 large eggs

1 tablespoon milk fat-free

6.8 ounces flour all-purpose

0.5 teaspoon ground cinnamon

0.1 teaspoon ground cloves
0.5 teaspoon ground ginger
0.1 teaspoon ground nutmeg
2 tablespoons maple syrup
1 cup powdered sugar
0.3 teaspoon salt
0.5 cup walnuts toasted finely chopped
uipment
bowl
baking sheet
oven
knife
whisk
blender
measuring cup
rections
Preheat oven to 35
To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
Combine flour and next 6 ingredients (through cloves) in a medium bowl, stirring well with a whisk.
Place brown sugar and 1/4 cup butter in a large bowl; beat with a mixer at high speed until light and fluffy (about 4 minutes).
Add 2 tablespoons syrup and egg; beat until well blended. Beating at low speed, gradually add flour mixture; beat just until combined.
Spoon batter evenly into 30 mounds (about 1 tablespoon) 2 inches apart on baking sheets.
Bake at 350 for 14 minutes or until lightly browned. Cool on pans 5 minutes.
Remove from pans; cool completely on wire racks.

Ш	To prepare frosting, combine powdered sugar, 2 tablespoons syrup, milk, and 2 teaspoons butter, stirring with a whisk until smooth.			
	Spread frosting evenly over cooled cookies. Working quickly, sprinkle cookies with nuts.			
Nutrition Facts				
	PROTEIN 5.02% FAT 30.76% CARBS 64.22%			

Properties

Glycemic Index:11.32, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:1.8443478118304%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 94.8kcal (4.74%), Fat: 3.3g (5.08%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 15.19g (5.52%), Sugar: 10.15g (11.28%), Cholesterol: 11mg (3.67%), Sodium: 56.44mg (2.45%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.21g (2.43%), Manganese: 0.17mg (8.36%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.06mg (3.91%), Folate: 14.51µg (3.63%), Vitamin B2: 0.06mg (3.6%), Iron: 0.44mg (2.42%), Copper: 0.04mg (2.23%), Vitamin B3: 0.41mg (2.06%), Phosphorus: 18.33mg (1.83%), Magnesium: 5.69mg (1.42%), Fiber: 0.33g (1.32%), Vitamin A: 66.14IU (1.32%), Calcium: 11.51mg (1.15%)