



Maple-Walnut Spice Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



95 kcal

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

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ 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.

- ☐ 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



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: 0g (100%), Alcohol %: 0% (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%)