

Mincemeat Cookies

READY IN



35 min.

SERVINGS



54

CALORIES



187 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.8 cup butter cubed
- 1 cup powdered sugar
- 3 eggs
- 3.8 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 6 tablespoons half and half

- 3.3 cups mincemeat prepared
- 108 pecans
- 1 cup pecans chopped
- 1 teaspoon rum extract
- 0.3 teaspoon salt
- 1.5 cups sugar

Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- In a large bowl, cream butter and sugar. Beat in the eggs.
- Add mincemeat; mix well.
- Combine the flour, baking powder, baking soda, cinnamon and salt; add to the creamed mixture and mix well. Stir in pecans. Drop by rounded tablespoonfuls 2 in. apart onto greased baking sheets.
- Bake at 350° for 14-16 minutes or until edges begin to brown.
- Remove to wire racks to cool.
- For the frosting, combine the brown sugar and butter in a saucepan; bring to a boil over medium heat. Boil for 6-8 minutes, stirring twice, or until the sugar is dissolved.
- Remove from the heat.
- Add the confectioners' sugar, cream and extract; beat until smooth. Frost the cookies; top each with a pecan half.

Nutrition Facts



PROTEIN 4.26% FAT 30.69% CARBS 65.05%

Properties

Glycemic Index:5.78, Glycemic Load:8.71, Inflammation Score:-1, Nutrition Score:2.9273913159319%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 187.46kcal (9.37%), Fat: 6.55g (10.08%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 30.23g (10.99%), Sugar: 23.07g (25.63%), Cholesterol: 16.46mg (5.49%), Sodium: 141.2mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Manganese: 0.29mg (14.37%), Vitamin B1: 0.1mg (6.77%), Selenium: 4.08µg (5.83%), Folate: 18.3µg (4.58%), Fiber: 1.03g (4.11%), Vitamin B2: 0.07mg (3.89%), Copper: 0.08mg (3.79%), Iron: 0.63mg (3.49%), Phosphorus: 31.79mg (3.18%), Vitamin B3: 0.58mg (2.91%), Magnesium: 8.86mg (2.21%), Zinc: 0.32mg (2.15%), Vitamin A: 100.7IU (2.01%), Calcium: 18.46mg (1.85%), Vitamin B5: 0.13mg (1.34%), Potassium: 43.83mg (1.25%), Vitamin E: 0.18mg (1.18%), Vitamin B6: 0.02mg (1.08%)