

Northland Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 6 tablespoons butter
- ☐ 1.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

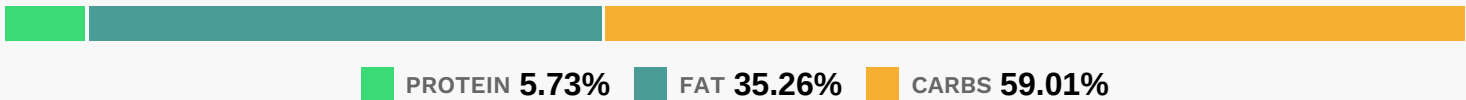
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix brown sugar, butter or margarine, and water.
- ☐ Add flour, baking soda, cinnamon, and salt. Stir in nuts and mix well.
- ☐ Shape in roll 2 1/2 inches in diameter, cover and chill until firm.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cut dough into 1/8-1/4 inch slices.
- ☐ Bake on greased cookie sheet 8-10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:2.53, Inflammation Score:-1, Nutrition Score:1.2321738978119%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 55.23kcal (2.76%), Fat: 2.21g (3.4%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.99g (2.91%), Sugar: 4.52g (5.03%), Cholesterol: 3.76mg (1.25%), Sodium: 59.73mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Manganese: 0.07mg (3.59%), Vitamin E: 0.43mg (2.83%), Vitamin B1: 0.04mg (2.59%), Selenium: 1.68µg (2.4%), Vitamin B2: 0.04mg (2.36%), Folate: 9.09µg (2.27%), Iron: 0.3mg (1.68%), Vitamin B3: 0.33mg (1.65%), Magnesium: 5.5mg (1.37%), Fiber: 0.32g (1.28%), Phosphorus: 12.7mg

(1.27%), Copper: 0.02mg (1.22%)