



Nutmeg Cookie Logs

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2.5 cups confectioners' sugar
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg
- ☐ 2 tablespoons milk
- ☐ 3 drops food coloring red
- ☐ 1 teaspoon rum extract flavored

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

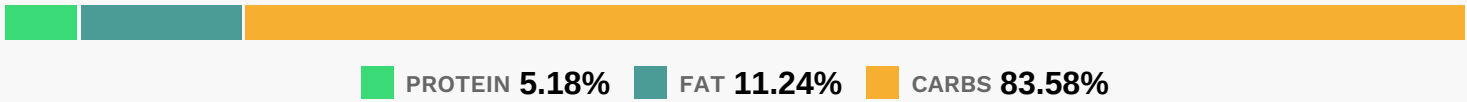
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Cream together 1 cup butter or margarine and white sugar. Stir in 2 teaspoons vanilla, egg, and 2 teaspoons rum flavoring.
- ☐ Mix well.
- ☐ Add 3 cups flour and nutmeg.
- ☐ Roll in long "logs" 1/2 inch in diameter.
- ☐ Cut into 3 inch strips.
- ☐ Place on lightly greased cookie sheets and bake 12 to 15 minutes.
- ☐ Let cool and frost.
- ☐ To Make Frosting: Cream together 3 tablespoons butter and confectioner's sugar.
- ☐ Add 1/ 2 teaspoon vanilla and 1 teaspoon rum. Stir in milk (may add more to reach desired consistency).
- ☐ Add food coloring and spread over cooled cookies. Decorate with chocolate sprinkles (optional).

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:13.03, Inflammation Score:-1, Nutrition Score:2.4643478283416%

Nutrients (% of daily need)

Calories: 146.16kcal (7.31%), Fat: 1.84g (2.83%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 30.31g (11.02%), Sugar: 18.61g (20.67%), Cholesterol: 10.73mg (3.58%), Sodium: 14.98mg (0.65%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.91g (3.81%), Selenium: 6.01µg (8.59%), Vitamin B1: 0.12mg (8.3%), Folate: 29.57µg (7.39%), Manganese: 0.11mg (5.52%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 0.93mg (4.64%), Iron: 0.77mg (4.28%), Phosphorus: 22.37mg (2.24%), Fiber: 0.44g (1.76%), Copper: 0.03mg (1.3%), Vitamin A: 55.74IU (1.11%), Vitamin B5: 0.1mg (1.03%)