

Paleo Cashew Butter Cookies

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



172 kcal

DESSERT

Ingredients

- 0.3 cup almonds chopped
- 0.5 cup cashew butter
- 1 tablespoon coconut oil
- 2 tablespoons dates pitted chopped
- 0.3 cup cranberries dried
- 1 eggs
- 1 tablespoon honey

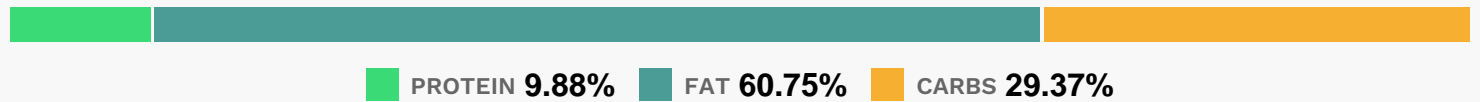
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together cashew butter, dried cranberries, almonds, coconut oil, egg, dates, and honey in a bowl until thoroughly incorporated.
- Place spoonfuls of mixture onto a nonstick baking sheet.
- Bake in preheated oven until cookies smell toasted, about 12 minutes. Allow to cool and harden.

Nutrition Facts



Properties

Glycemic Index:17.03, Glycemic Load:2.48, Inflammation Score:-3, Nutrition Score:5.4056521761029%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 172.46kcal (8.62%), Fat: 12.45g (19.15%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.16g (4.42%), Sugar: 7.5g (8.33%), Cholesterol: 20.46mg (6.82%), Sodium: 10.62mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.11%), Copper: 0.41mg (20.57%), Magnesium: 55.82mg (13.96%), Manganese: 0.26mg (12.8%), Phosphorus: 108.24mg (10.82%), Vitamin E: 1.29mg (8.57%), Zinc: 1.06mg (7.05%), Vitamin B2: 0.11mg (6.5%), Iron: 1.13mg (6.29%), Fiber: 1.38g (5.54%), Selenium: 3.87µg (5.53%), Potassium: 155.53mg (4.44%), Vitamin B1: 0.06mg (4.25%), Folate: 16.2µg (4.05%), Vitamin B5: 0.33mg (3.3%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.49mg (2.47%), Calcium: 23.96mg (2.4%)