



Pepper Cookies II

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



67 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 eggs
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 0.5 cup shortening cooled melted

- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.8 cup water
- 1 cup sugar white

Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine the shortening, egg, water and vanilla. Stir in the sugar, flour, baking powder, cinnamon, nutmeg, cloves and salt.
- Mix to combine. Shape the dough into walnut sized balls.
- Bake on a ungreased cookie sheet at 350 degrees F (175 degrees C) for 15 minutes. When cool frost with confectioners' sugar or dip into melted white morsels.

Nutrition Facts



PROTEIN 6.35% **FAT 31.77%** **CARBS 61.88%**

Properties

Glycemic Index:6.5, Glycemic Load:7.26, Inflammation Score:-1, Nutrition Score:1.7865217399338%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 67.45kcal (3.37%), Fat: 2.46g (3.78%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.18g (3.7%), Sugar: 4.22g (4.69%), Cholesterol: 3.41mg (1.14%), Sodium: 39.57mg (1.72%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 1.1g (2.21%), Manganese: 0.12mg (6.09%), Selenium: 3.09µg (4.41%), Vitamin B1: 0.06mg (4.2%), Folate: 15.06µg (3.76%), Iron: 0.53mg (2.95%), Vitamin B2: 0.05mg (2.7%), Vitamin B3: 0.48mg (2.42%), Copper: 0.05mg (2.38%), Fiber: 0.59g (2.35%), Phosphorus: 19.73mg (1.97%), Magnesium: 6.59mg

(1.65%), Vitamin K: 1.26µg (1.2%), Calcium: 11.13mg (1.1%), Vitamin E: 0.15mg (1.01%)