



## Pumpkin Cookies with Maple Icing

 Vegetarian

READY IN



25 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

### Ingredients

- 2 tsp double-acting baking powder
- 0.3 tsp baking soda
- 15 oz pumpkin canned
- 2 tablespoons cup heavy whipping cream
- 0.8 cup brown sugar dark packed
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 cup granulated sugar

- 1 tsp ground cinnamon
- 0.3 tsp ground ginger
- 0.5 tsp peppermint flavoring
- 0.5 tsp nutmeg grated
- 250 mL pecans chopped
- 0.3 tsp salt
- 1 cup confectioner's sugar
- 0.5 cup butter unsalted softened
- 1 tsp vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- hand mixer
- wooden spoon
- aluminum foil

## Directions

- Preheat oven to 350°F and line cookie sheets with parchment paper or nonstick foil. You can also use regular foil lined with a thin layer of cooking spray.
- Mix together flour, baking powder, cinnamon, nutmeg, ginger, baking soda and salt in a bowl until well combined. Set aside. In a large bowl, using an electric mixer on medium speed, cream butter, brown sugar and granulated sugar until light and fluffy, about 3 minutes.
- Add eggs one at a time, beating well after each addition. Stir in vanilla.
- Add pumpkin and stir until well combined. Scrape down sides of bowl. On low speed or using a wooden spoon, gradually add flour mixture from step 2, beating just until blended. Fold in pecans. Drop tablespoons of dough about 2 inches apart on to cookie sheets.

- Bake one sheet at a time for 12 to 15 minutes or until edges start to turn lightly golden.
- Remove from cookie sheet and let cool. Make Icing:: In a small bowl, combine confectioner's sugar, cream and maple flavoring. Using a small whisk or a fork, blend until icing is smooth and thin enough to drizzle from a fork.
- Add more cream as needed to achieve the right consistency. Spoon icing over cooled cookies. Makes about 4 dozen

## Nutrition Facts



### Properties

Glycemic Index: 8.17, Glycemic Load: 8.02, Inflammation Score: -7, Nutrition Score: 3.5008695514306%

### Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

### Nutrients (% of daily need)

Calories: 102.76kcal (5.14%), Fat: 4.16g (6.41%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 15.08g (5.48%), Sugar: 10.02g (11.14%), Cholesterol: 12.61mg (4.2%), Sodium: 43.63mg (1.9%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.27g (2.53%), Vitamin A: 1458.47IU (29.17%), Manganese: 0.18mg (9.11%), Vitamin B1: 0.07mg (4.68%), Selenium: 3.03µg (4.32%), Folate: 14.52µg (3.63%), Iron: 0.57mg (3.19%), Vitamin B2: 0.05mg (3.04%), Fiber: 0.7g (2.79%), Copper: 0.05mg (2.6%), Phosphorus: 25.78mg (2.58%), Vitamin B3: 0.45mg (2.27%), Calcium: 21.76mg (2.18%), Magnesium: 7.15mg (1.79%), Vitamin K: 1.73µg (1.65%), Vitamin E: 0.21mg (1.42%), Zinc: 0.2mg (1.33%), Potassium: 44.05mg (1.26%), Vitamin B5: 0.12mg (1.22%)