

## Pumpkin Gobs

READY IN



45 min.

SERVINGS



18

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter softened
- 1 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon salt
- 0.8 cup shortening
- 1.5 cups solid pack pumpkin puree

- 2 teaspoons vanilla extract
- 0.5 cup vanilla pudding prepared
- 1.5 cups sugar white

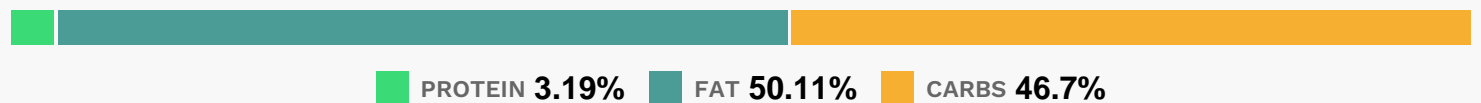
## Equipment

- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 350 degrees F (190 degrees C). Line baking sheets with parchment paper.
- Cream the butter or margarine with the sugar. Beat in the pumpkin, egg and vanilla.
- Stir the flour, baking soda, baking powder, salt and ground cinnamon into the pumpkin mixture. Blend until combined.
- Drop teaspoonfuls of dough onto the prepared baking sheets.
- Bake at 350 degrees F (175 degrees C) for 12 to 14 minutes.
- Let cookies cool completely then sandwich two cookies together with Vanilla Filling.
- To Make Vanilla Filling: Beat the shortening and 1 1/2 cups white sugar together for 10 minutes. Beat in the vanilla and the vanilla pudding. Beat until creamy.

## Nutrition Facts



## Properties

Glycemic Index:16.23, Glycemic Load:19.36, Inflammation Score:-9, Nutrition Score:6.5360870218795%

## Nutrients (% of daily need)

Calories: 249.87kcal (12.49%), Fat: 14.14g (21.75%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 28.62g (10.41%), Sugar: 17.9g (19.89%), Cholesterol: 22.65mg (7.55%), Sodium: 198.71mg (8.64%), Alcohol: 0.15g (100%), Alcohol %: 0.28% (100%), Protein: 2.03g (4.05%), Vitamin A: 3348.55IU (66.97%), Selenium: 5.71µg (8.16%), Vitamin K: 8.34µg (7.94%), Vitamin B1: 0.12mg (7.8%), Manganese: 0.15mg (7.36%), Folate: 29.21µg (7.3%), Vitamin E: 0.92mg (6.15%), Vitamin B2: 0.1mg (5.69%), Iron: 1.02mg (5.68%), Vitamin B3: 0.9mg

(4.51%), Fiber: 1.03g (4.12%), Phosphorus: 33.48mg (3.35%), Calcium: 24.82mg (2.48%), Vitamin B5: 0.25mg (2.46%), Copper: 0.05mg (2.28%), Magnesium: 8.35mg (2.09%), Potassium: 63.46mg (1.81%), Zinc: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.11%), Vitamin C: 0.86mg (1.04%)