



Pumpkin-Pecan Spice Cookies

 Dairy Free

READY IN



95 min.

SERVINGS



42

CALORIES



141 kcal

DESSERT

Ingredients

- 1.5 cups brown sugar light packed
- 0.5 cup butter softened
- 2 eggs
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 3 teaspoons vanilla
- 2.8 cups flour all-purpose
- 2 teaspoons double-acting baking powder
- 1 teaspoon ground cinnamon

- 0.5 teaspoon salt
- 0.5 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 0.1 teaspoon ground allspice
- 0.1 teaspoon ground cloves
- 1 pinch ground cardamom
- 1.3 cups pecans finely chopped
- 0.5 cup peppermint candies white
- 4 oz candy coating disks chopped (almond bark)

Equipment

- bowl
- baking sheet
- baking paper
- oven
- wire rack
- hand mixer
- ziploc bags
- microwave

Directions

- Heat oven to 350°F. Grease cookie sheet with shortening or cooking spray, or line with cooking parchment paper or silicone baking mat.
- In large bowl, beat brown sugar, butter, eggs, pumpkin and vanilla with electric mixer on medium speed. Stir in flour, baking powder and spices. Stir in pecans and baking chips. Drop dough by tablespoonfuls onto cookie sheet.
- Bake 10 to 14 minutes or until edges are lightly browned.
- Remove to cooling rack. Cool completely, about 30 minutes.
- Place candy coating in small resealable freezer plastic bag; seal bag. Microwave on High about 1 minute or until softened. Gently squeeze bag until coating is smooth; cut off tiny corner of

bag. Squeeze bag to drizzle coating over cookies.

Let stand until set.

Nutrition Facts

PROTEIN 4.58% **FAT 42.13%** **CARBS 53.29%**

Properties

Glycemic Index:6.48, Glycemic Load:4.59, Inflammation Score:-3, Nutrition Score:2.9356521951116%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 141.26kcal (7.06%), Fat: 6.7g (10.31%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.22g (6.63%), Sugar: 11.36g (12.62%), Cholesterol: 7.79mg (2.6%), Sodium: 87.97mg (3.82%), Alcohol: 0.1g (100%), Alcohol %: 0.37% (100%), Protein: 1.64g (3.28%), Manganese: 0.25mg (12.59%), Vitamin A: 376.84IU (7.54%), Vitamin B1: 0.09mg (5.92%), Selenium: 3.69µg (5.28%), Folate: 17.97µg (4.49%), Vitamin B2: 0.06mg (3.51%), Iron: 0.63mg (3.48%), Fiber: 0.86g (3.42%), Copper: 0.06mg (3.07%), Calcium: 29.42mg (2.94%), Phosphorus: 29.26mg (2.93%), Vitamin B3: 0.55mg (2.76%), Magnesium: 7.76mg (1.94%), Zinc: 0.25mg (1.7%), Vitamin B5: 0.15mg (1.47%), Potassium: 43.03mg (1.23%), Vitamin B6: 0.02mg (1.17%), Vitamin E: 0.16mg (1.07%)