



Pumpkin Roll-Out Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



89 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 1 egg yolk
- 2.3 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 1 tablespoon orange zest

- 1 pinch salt
- 0.5 cup pumpkin puree
- 0.8 cup butter unsalted
- 1 teaspoon vanilla extract

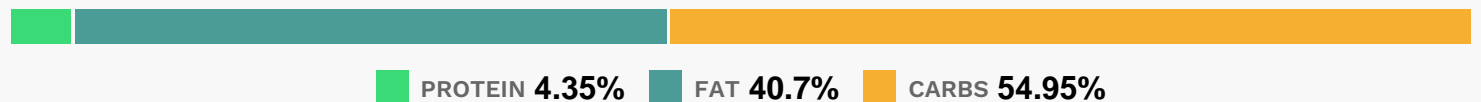
Equipment

- bowl
- baking sheet
- oven

Directions

- In a medium bowl, cream the butter, brown sugar, and orange zest. Stir in the pumpkin.
- Add the eggs and vanilla, mix well. Sift together the flour, cinnamon, ginger, nutmeg, and salt; stir into the pumpkin mixture. Chill dough for 30 minutes.
- Preheat oven to 375 degrees F (190 degrees C).
- On a lightly floured surface, roll out the dough to 1/8 inch thickness.
- Cut into desired shapes and place onto an unprepared cookie sheet.
- Bake for 10 to 12 minutes in the preheated oven. Decorate with frosting or candy.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:4.32, Inflammation Score:-4, Nutrition Score:2.0956521552542%

Nutrients (% of daily need)

Calories: 88.97kcal (4.45%), Fat: 4.06g (6.25%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 12g (4.36%), Sugar: 6.09g (6.76%), Cholesterol: 15.57mg (5.19%), Sodium: 3.9mg (0.17%), Alcohol: 0.04g (100%), Alcohol %: 0.21% (100%), Protein: 0.98g (1.95%), Vitamin A: 655.73IU (13.11%), Selenium: 3.07µg (4.39%), Vitamin B1: 0.06mg (4.24%), Folate: 15.7µg (3.93%), Manganese: 0.07mg (3.52%), Vitamin B2: 0.05mg (2.65%), Iron: 0.47mg (2.63%), Vitamin B3: 0.49mg (2.43%), Fiber: 0.34g (1.36%), Phosphorus: 13.06mg (1.31%), Vitamin E: 0.16mg (1.09%)