



## Pumpkin Spritz Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



70

CALORIES



48 kcal

DESSERT

### Ingredients

- 0.8 teaspoon double-acting baking powder
- 1 cup butter softened
- 0.3 cup pumpkin canned
- 1 eggs
- 2.8 cups flour all-purpose
- 1.3 teaspoons ground cinnamon
- 0.3 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg

- 0.5 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 0.5 cup sugar white

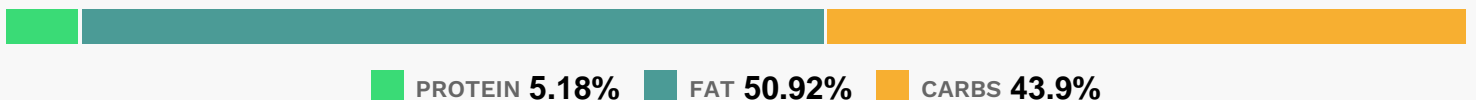
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Beat butter and sugar with an electric mixer in a large bowl until smooth and creamy, about 2 minutes.
- Mix in canned pumpkin, egg, cinnamon, vanilla, nutmeg, pumpkin pie spice, and ground ginger until well combined.
- Stir flour and baking powder together in a small bowl.
- Add flour mixture to pumpkin mixture in thirds, mixing dough well between each addition.
- Spoon cookie dough into a cookie press fitted with a pumpkin-shaped die and press dough onto a baking sheet.
- Bake in preheated oven until edges just begin to brown, about 8 minutes. Cool cookies on baking sheet for 5 minutes before transferring to a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:5.17, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:1.1200000063881%

## Nutrients (% of daily need)

Calories: 48.35kcal (2.42%), Fat: 2.75g (4.24%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.5g (1.66%), Cholesterol: 9.31mg (3.1%), Sodium: 26.48mg (1.15%), Alcohol: 0.02g (100%), Alcohol %: 0.22% (100%), Protein: 0.63g (1.26%), Vitamin A: 266.16IU (5.32%), Selenium: 1.91µg (2.73%), Vitamin B1: 0.04mg (2.62%), Folate: 9.54µg (2.38%), Manganese: 0.05mg (2.34%), Vitamin B2: 0.03mg (1.72%), Vitamin B3: 0.3mg (1.49%), Iron: 0.27mg (1.49%)