



Really Nice Spice Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



97 kcal

DESSERT

Ingredients

- 0.5 cup brown sugar dark
- 1 eggs
- 0.8 cup flour all-purpose sifted
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.3 cup brown sugar light packed
- 0.8 cup butter unsalted softened

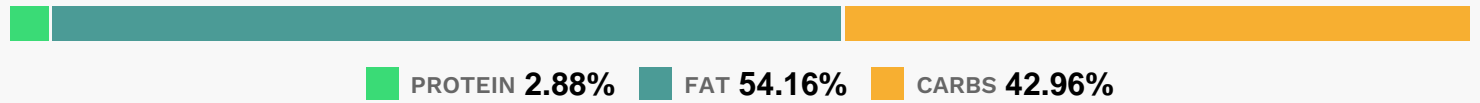
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the butter, light brown sugar and dark brown sugar until smooth. Beat in the egg until well blended.
- Combine the flour, cinnamon, nutmeg and ginger; stir into the creamed mixture to form a stiff dough. Knead lightly in the bowl for a few turns. Shape dough into 25 small balls.
- Place balls 2 inches apart onto the prepared cookie sheets and flatten slightly.
- Bake for 8 to 10 minutes in the preheated oven, or until golden.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:1.2534782566616%

Nutrients (% of daily need)

Calories: 97.39kcal (4.87%), Fat: 5.98g (9.2%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 10.46g (3.8%), Sugar: 7.44g (8.27%), Cholesterol: 22.07mg (7.36%), Sodium: 5.63mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Manganese: 0.08mg (3.8%), Vitamin A: 187.7IU (3.75%), Selenium: 2.08µg (2.97%), Vitamin B1: 0.03mg (2.13%), Folate: 8.33µg (2.08%), Vitamin B2: 0.03mg (1.78%), Iron: 0.29mg (1.62%), Vitamin E: 0.19mg (1.27%), Vitamin B3: 0.25mg (1.25%), Calcium: 11.41mg (1.14%), Phosphorus: 10.08mg (1.01%)