

# Snappy Turtle Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



82 kcal

DESSERT

## Ingredients

- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1 tablespoon butter
- 1 cup powdered sugar sifted
- 1 eggs separated
- 1.5 cups flour all-purpose sifted
- 0.1 teaspoon maple extract flavored
- 0.3 cup milk

- 42 pecans
- 0.3 teaspoon salt
- 2 ounce baker's chocolate unsweetened
- 0.3 teaspoon vanilla extract

## Equipment

- baking sheet
- oven
- double boiler

## Directions

- Sift together 1 1/2 cups flour, baking soda and salt. Cream 1/2 cup butter and gradually add 1/2 cup brown sugar, creaming well.
- Add egg and egg yolk and beat well. Blend in vanilla and maple flavoring.
- Add the dry ingredients gradually, mixing thoroughly. Chill to slightly firm dough.
- Preheat oven to 350 degrees F (180 degrees C).
- Arrange pecan halves in groups of five on greased baking sheets to resemble head and legs of a turtle. Shape dough into balls; dip bottom into unbeaten egg white and press lightly onto nuts. Use a rounded teaspoon of dough for each, so tips of nuts will show when cookies are baked.
- Bake for 10 to 13 minutes. Do not overbake. Cool; frost tops generously with Chocolate Frosting.
- Combine 2 (1-ounce) squares of unsweetened chocolate ( or 1/3 cup semi-sweet chocolate pieces), 1/4 cup milk and 1 Tablespoon butter in top of double boiler.
- Heat over boiling water until chocolate melts; blend until smooth.
- Remove from heat; add 1 cup sifted confectioners' sugar. Beat until smooth and glossy. If too thin, add more confectioners' sugar until the desired consistency.

## Nutrition Facts



**PROTEIN 6.19%** **FAT 31.88%** **CARBS 61.93%**

## Properties

Glycemic Index:5.77, Glycemic Load:3.5, Inflammation Score:-1, Nutrition Score:2.2621739505912%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 82.01kcal (4.1%), Fat: 3.04g (4.68%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.63g (4.59%), Sugar: 7.69g (8.54%), Cholesterol: 6.7mg (2.23%), Sodium: 36.04mg (1.57%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.33g (2.66%), Manganese: 0.21mg (10.64%), Copper: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.44%), Selenium: 2.91µg (4.15%), Iron: 0.72mg (4.02%), Folate: 13.14µg (3.28%), Vitamin B2: 0.05mg (2.69%), Fiber: 0.67g (2.68%), Magnesium: 10.69mg (2.67%), Phosphorus: 24.96mg (2.5%), Zinc: 0.34mg (2.29%), Vitamin B3: 0.43mg (2.13%), Potassium: 40.61mg (1.16%), Calcium: 10.75mg (1.08%)