



Snappy Turtle Cookies

 Vegetarian

READY IN



150 min.

SERVINGS



30

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 4 ounces brown sugar light packed
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup powdered sugar
- ☐ 3 ounces chocolate dark 72% (cacao or higher is preferred)
- ☐ 2 large eggs
- ☐ 7.5 ounces flour all-purpose
- ☐ 0.3 teaspoon ground ginger

- ☐ 1.5 cups pecans raw
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 2 teaspoons vanilla extract
- ☐ 3 tablespoons milk whole

Equipment

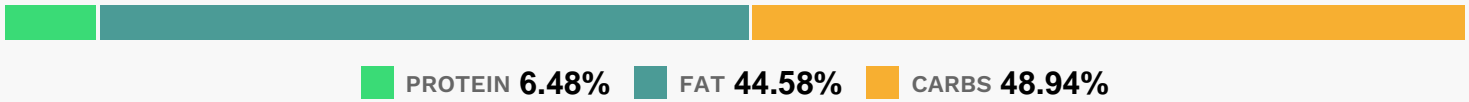
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In a medium bowl mix flour, cinnamon, ginger, salt and baking soda then set aside.
- ☐ In the bowl of a stand kitchen mixer fitted with a paddle attachment, combine brown sugar and butter. Beat on medium until mixture is light and fluffy.
- ☐ Add vanilla, 1 whole egg and 1 egg yolk (refrigerate and reserve remaining egg white); beat until thoroughly combined. Stir in flour mixture. Cover bowl with plastic wrap and chill dough for at least an hour.
- ☐ Adjust oven rack to middle position and preheat oven to 350°F.
- ☐ Cut pecan halves lengthwise. Line two large baking sheets with parchment paper. Arrange the pecan pieces in groups of five on the baking sheets (about one dozen cookies will fit per sheet), so that they resemble the head and legs of a turtle.
- ☐ Scoop cookie dough by rounded tablespoon and shape into 1-inch balls. Beat reserved egg white.

- ☐ Brush the bottom of the cookie dough balls in egg white and press lightly into the pecan groups. (The tips of the pecans should be visible, sometimes it's easiest to arrange the pecans to look more turtlelike once the cookie is in place).
- ☐ Bake for 10 to 12 minutes or until edges are golden brown.
- ☐ Transfer cookie sheets to a wire rack and cool completely before frosting.
- ☐ While cookies are cooling, prepare frosting. In medium, microwave-safe bowl, add chocolate. Microwave on high for 30 seconds and then stir, repeat as necessary until chocolate is completely melted and smooth. Stir in melted butter and milk until mixture is smooth.
- ☐ Add powdered sugar and stir to incorporate, adding additional milk, if needed, to improve spreading consistency. Frost cooled cookies.
- ☐ Let frosting set before storing. Store in an airtight container placing waxed paper or parchment paper between cookie layers.

Nutrition Facts



Properties

Glycemic Index:5.03, Glycemic Load:4.19, Inflammation Score:-1, Nutrition Score:3.2165217558327%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 114.58kcal (5.73%), Fat: 5.78g (8.89%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 13.27g (4.83%), Sugar: 7.62g (8.46%), Cholesterol: 14.17mg (4.72%), Sodium: 35.74mg (1.55%), Alcohol: 0.09g (100%), Alcohol %: 0.42% (100%), Protein: 1.89g (3.78%), Manganese: 0.34mg (17.1%), Copper: 0.12mg (6.23%), Vitamin B1: 0.09mg (6.1%), Selenium: 3.92µg (5.59%), Iron: 0.89mg (4.92%), Fiber: 1g (3.98%), Folate: 15.69µg (3.92%), Phosphorus: 38.6mg (3.86%), Magnesium: 15.03mg (3.76%), Vitamin B2: 0.06mg (3.65%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.52mg (2.59%), Potassium: 61.02mg (1.74%), Vitamin B5: 0.15mg (1.48%), Calcium: 14.04mg (1.4%), Vitamin B6: 0.02mg (1.15%)