



Soft Apple Butter Delights

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups spiced apple butter
- ☐ 1 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 1 cup butter
- ☐ 0.5 cup hot-brewed coffee room temperature brewed
- ☐ 2 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg

- ☐ 1 teaspoon salt
- ☐ 1 cup walnuts chopped

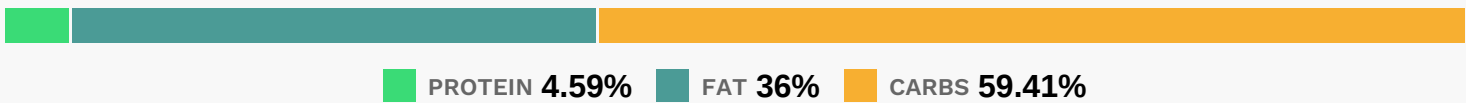
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ In a large bowl, cream together butter and brown sugar.
- ☐ Add eggs, one at a time, beating well after each addition. Stir in coffee.
- ☐ Sift together the flour, baking soda, salt, and ground nutmeg. Gradually add this to the creamed mixture.
- ☐ Stir in the apple butter and the walnuts. The dough will be sticky. Refrigerate for one hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease your cookie sheets.
- ☐ Drop cookies from a teaspoon onto cookie sheet about two inches apart.
- ☐ Bake in preheated oven for 10 to 12 minutes or until edges are firm.
- ☐ Let cookies cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:2.15, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:1.2034782581031%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 67.71kcal (3.39%), Fat: 2.75g (4.24%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 9.94g (3.62%), Sugar: 6.31g (7.01%), Cholesterol: 8.15mg (2.72%), Sodium: 52.26mg (2.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Manganese: 0.09mg (4.58%), Selenium: 1.91µg (2.73%), Vitamin B1: 0.04mg (2.64%), Folate: 9.77µg (2.44%), Vitamin B2: 0.03mg (1.77%), Iron: 0.3mg (1.68%), Copper: 0.03mg (1.62%), Vitamin B3: 0.28mg (1.42%), Vitamin A: 62.97IU (1.26%), Phosphorus: 11.77mg (1.18%), Fiber: 0.29g (1.14%)