



Soft Whole Wheat Sugar Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon apple pie spice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter shortening flavored
- ☐ 0.5 pound candy-coated chocolates mini
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons sugar white
- ☐ 2 cups flour whole wheat

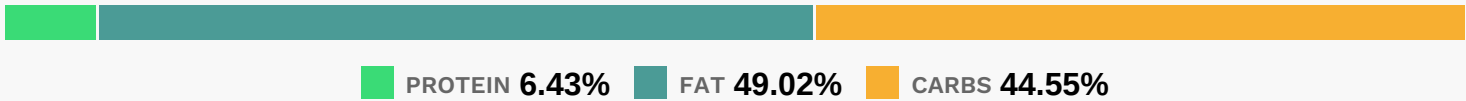
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In large bowl, combine first 10 ingredients and blend well. Stir in whole wheat flour.
- ☐ Shape into 1 inch balls and place on ungreased cookie sheet, 2 inches apart. Flatten each cookie slightly with a fork.
- ☐ Combine sugar and cinnamon and sprinkle over each cookie. Decorate with M and M's.
- ☐ Bake in pre-heated oven for 8 to 10 minutes or until light golden brown.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.1552173882399%

Nutrients (% of daily need)

Calories: 83.2kcal (4.16%), Fat: 4.64g (7.13%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.58g (3.12%), Sugar: 4.25g (4.73%), Cholesterol: 5.59mg (1.86%), Sodium: 65.9mg (2.87%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 1.37g (2.74%), Manganese: 0.29mg (14.28%), Selenium: 4.52µg (6.46%), Fiber: 0.91g (3.63%), Phosphorus: 29.59mg (2.96%), Magnesium: 9.52mg (2.38%), Vitamin B1: 0.04mg (2.34%), Iron: 0.37mg (2.04%), Calcium: 18.53mg (1.85%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.67µg (1.59%), Vitamin E: 0.24mg (1.58%), Vitamin B6: 0.03mg (1.5%), Copper: 0.03mg (1.44%), Zinc: 0.19mg (1.3%), Vitamin B2: 0.02mg (1.06%)