



Spice Island Drop Cookies

 Vegetarian

READY IN



17 min.

SERVINGS



1

CALORIES



2410 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup t brown sugar dark
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 teaspoon maple extract
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 serving walnut pieces chopped

Equipment

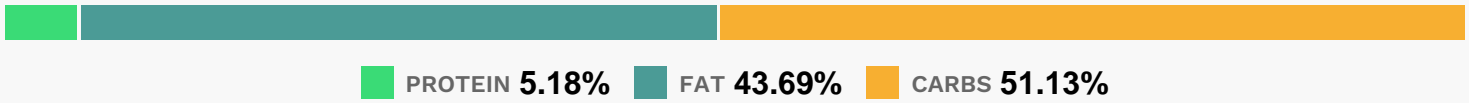
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter and sugar at medium speed with an electric mixer 2 minutes or until light and fluffy.
- ☐ Add egg, beating until smooth, stopping to scrape down sides as needed. Stir in extracts.
- ☐ Stir together flour and next 6 ingredients. Gradually add to butter mixture, beating at low speed until blended. Drop by rounded tablespoonfuls 2 inches apart on lightly greased or parchment paper-lined baking sheets.
- ☐ Bake, in batches, at 350 for 10 to 12 minutes.
- ☐ Let cool completely on wire racks.
- ☐ Spread each cookie with about 1 teaspoon Maple Frosting.
- ☐ Garnish, if desired.
- ☐ Oregon Chocolate-Cherry Cookies: Omit maple extract, 1/4 cup flour, and spices.
- ☐ Add 1/4 cup unsweetened cocoa to dry ingredients. Stir in 1 cup semisweet chocolate morsels and 1 cup dried sweetened cherries.
- ☐ Bake as directed. When cool, drizzle cookies with 1/2 cup semisweet chocolate morsels, melted, if desired. Makes 2 dozen.
- ☐ Caribbean Coffee Cookies: Omit maple extract and spices.

- ☐
- Add 1 teaspoon instant espresso or coffee powder to butter mixture. Stir 1/2 cup chopped bittersweet chocolate and 1/2 cup chopped hazelnuts into batter.
- ☐
- Bake as directed. Makes 2 dozen.

Nutrition Facts



Properties

Glycemic Index:220, Glycemic Load:104.03, Inflammation Score:-10, Nutrition Score:42.117391505967%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

Nutrients (% of daily need)

Calories: 2410.33kcal (120.52%), Fat: 118.38g (182.13%), Saturated Fat: 62.14g (388.36%), Carbohydrates: 311.8g (103.93%), Net Carbohydrates: 303.92g (110.52%), Sugar: 162.23g (180.26%), Cholesterol: 430.02mg (143.34%), Sodium: 1981.39mg (86.15%), Alcohol: 1.38g (100%), Alcohol %: 0.31% (100%), Protein: 31.55g (63.11%), Manganese: 3.1mg (154.92%), Selenium: 84.11µg (120.16%), Vitamin B1: 1.6mg (106.82%), Folate: 401.52µg (100.38%), Vitamin B2: 1.24mg (73.23%), Iron: 11.97mg (66.5%), Vitamin A: 3116.27IU (62.33%), Vitamin B3: 11.81mg (59.03%), Phosphorus: 442.49mg (44.25%), Copper: 0.88mg (43.78%), Fiber: 7.88g (31.53%), Magnesium: 116.11mg (29.03%), Calcium: 263.71mg (26.37%), Vitamin E: 3.53mg (23.51%), Vitamin B5: 2.11mg (21.12%), Zinc: 3.11mg (20.72%), Vitamin B6: 0.41mg (20.5%), Potassium: 675.59mg (19.3%), Vitamin B12: 0.64µg (10.63%), Vitamin K: 10.14µg (9.66%), Vitamin D: 1µg (6.67%)