



Spicy Zucchini Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 cup butter softened
- ☐ 1 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 60 servings powdered sugar sifted
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 1.5 cups sugar

- ☐ 0.5 cup walnuts chopped
- ☐ 1.5 cups zucchini grated

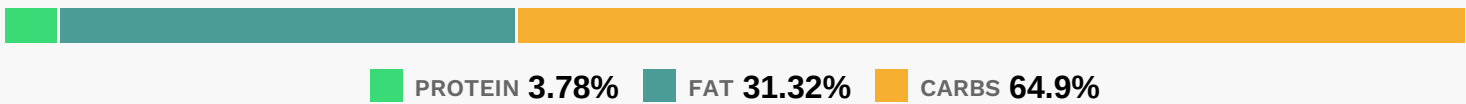
Equipment

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

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually beat in 1 1/2 cups sugar. Beat in egg and extract.
- ☐ Press zucchini between paper towels to remove excess moisture; stir into butter mixture.
- ☐ Combine flour, baking powder, and cinnamon; gradually add to butter mixture, beating at low speed until blended. Stir in morsels and nuts. Drop by heaping teaspoonfuls onto lightly greased baking sheets.
- ☐ Bake at 350 for 15 minutes; remove to wire racks to cool.
- ☐ Sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:5.45, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:1.9004347875066%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.27kcal (5.91%), Fat: 4.19g (6.45%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 19.01g (6.91%), Sugar: 13.98g (15.54%), Cholesterol: 9.37mg (3.12%), Sodium: 27.39mg (1.19%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 1.14g (2.27%), Manganese: 0.13mg (6.57%), Selenium:

2.78µg (3.96%), Vitamin B1: 0.06mg (3.68%), Folate: 13.62µg (3.4%), Copper: 0.06mg (3.16%), Iron: 0.54mg (3.02%),
Vitamin B2: 0.04mg (2.58%), Phosphorus: 22.51mg (2.25%), Magnesium: 8.68mg (2.17%), Fiber: 0.53g (2.11%),
Vitamin B3: 0.42mg (2.1%), Vitamin A: 83.42IU (1.67%), Zinc: 0.17mg (1.17%), Potassium: 37.59mg (1.07%)