



## Squash Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



83 kcal

DESSERT

## Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1.5 cups butternut squash cooked mashed
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice

- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups pecans chopped
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar white

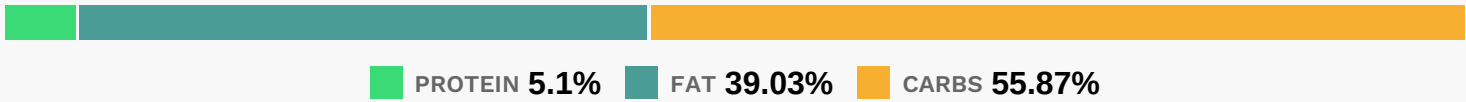
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

## Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ In a large mixing bowl, cream butter and sugars until fluffy. Beat in the eggs and squash. Sift together the flour, baking soda, baking powder, and spices; add to mixture, stirring until well blended. Stir in raisins and nuts. Spoon onto cookie sheets spacing cookies 2 inches apart.
- ☐ Bake for 10 to 12 minutes in the preheated oven, until edges are golden.

## Nutrition Facts



## Properties

Glycemic Index:7.43, Glycemic Load:5.7, Inflammation Score:-3, Nutrition Score:2.3991304227839%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:

0.06mg

Nutrients (% of daily need)

Calories: 82.64kcal (4.13%), Fat: 3.72g (5.72%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.3g (4.11%), Sugar: 5.37g (5.97%), Cholesterol: 9.52mg (3.17%), Sodium: 71.27mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Manganese: 0.19mg (9.46%), Vitamin A: 429.03IU (8.58%), Vitamin B1: 0.07mg (4.39%), Selenium: 2.43µg (3.47%), Folate: 11.94µg (2.99%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.65%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.49%), Phosphorus: 23.36mg (2.34%), Vitamin B3: 0.42mg (2.08%), Calcium: 19.2mg (1.92%), Magnesium: 6.96mg (1.74%), Potassium: 55.77mg (1.59%), Zinc: 0.19mg (1.29%), Vitamin C: 0.9mg (1.09%), Vitamin B6: 0.02mg (1.09%), Vitamin E: 0.15mg (1.02%)