

Turtle Cookies I

 Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

92 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 1.8 cups confectioners' sugar sifted
- ☐ 1 eggs separated
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 36 pecan halves

- ☐ 0.3 teaspoon salt
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

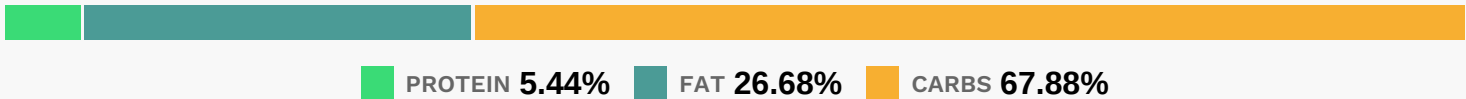
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Cream butter or margarine, gradually add brown sugar, beating at medium speed of an electric mixer until light and fluffy.
- ☐ Add 1 egg, 1 egg yolk, and vanilla; beating until well blended.
- ☐ Combine flour, baking soda and salt; add to creamed mixture, mixing well.
- ☐ Chill dough at least 1 hour.
- ☐ Arrange pecan halves in groups of 5 on ungreased cookie sheets, resembling head and legs of turtles.
- ☐ Shape dough into 1-inch balls, and dip bottoms in remaining egg white. Press gently onto pecans to resemble turtle bodies.
- ☐ Bake at 350 degrees F (180 degrees C) for 10 to 12 minutes. Cool on wire racks.
- ☐ Spread frosting on top of cookies.
- ☐ Combine chocolate squares, milk and 1 tablespoon butter or margarine in a small saucepan; cook over low heat, stirring constantly, until chocolate melts.
- ☐ Remove from heat.
- ☐ Add approximately 1 3/4 cups confectioner's sugar; beat until smooth.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:2.1999999953677%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 92.04kcal (4.6%), Fat: 2.84g (4.37%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.63g (5.68%), Sugar: 10.62g (11.8%), Cholesterol: 6.7mg (2.23%), Sodium: 36.11mg (1.57%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 1.3g (2.61%), Manganese: 0.2mg (10.02%), Copper: 0.09mg (4.68%), Vitamin B1: 0.06mg (4.31%), Selenium: 2.92µg (4.16%), Iron: 0.72mg (3.99%), Folate: 13.08µg (3.27%), Vitamin B2: 0.05mg (2.71%), Magnesium: 10.36mg (2.59%), Fiber: 0.64g (2.58%), Phosphorus: 24.19mg (2.42%), Zinc: 0.33mg (2.21%), Vitamin B3: 0.42mg (2.11%), Potassium: 39.67mg (1.13%), Calcium: 10.6mg (1.06%)