

Walnut Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup shortening
- ☐ 1.5 cups walnut halves
- ☐ 1 cup walnuts chopped

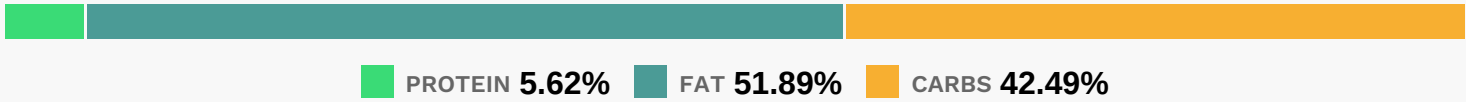
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream the shortening, brown sugar and eggs. Stir in the flour and baking soda. Stir in the walnuts. Drop dough by spoonfuls 2 inches apart on cookie sheets.
- ☐ Bake 10 to 12 minutes.
- ☐ Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:3.0108695422178%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg

Nutrients (% of daily need)

Calories: 144.81kcal (7.24%), Fat: 8.58g (13.2%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 15.19g (5.52%), Sugar: 9.08g (10.09%), Cholesterol: 10.23mg (3.41%), Sodium: 24.02mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Manganese: 0.27mg (13.4%), Copper: 0.11mg (5.72%), Vitamin B1: 0.08mg (5.6%), Selenium: 3.9µg (5.57%), Folate: 21.65µg (5.41%), Iron: 0.66mg (3.64%), Vitamin B2: 0.06mg (3.55%), Phosphorus: 35.33mg (3.53%), Magnesium: 12.5mg (3.13%), Vitamin B3: 0.54mg (2.71%), Fiber: 0.62g (2.48%), Vitamin K: 2.47µg (2.35%), Vitamin E: 0.34mg (2.25%), Vitamin B6: 0.04mg (2.23%), Zinc: 0.28mg (1.87%), Calcium: 16.33mg (1.63%), Vitamin B5: 0.15mg (1.52%), Potassium: 51.22mg (1.46%)