

Walnut Cookies II

 Vegetarian

READY IN



22 min.

SERVINGS



12

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 0.5 cup sugar white

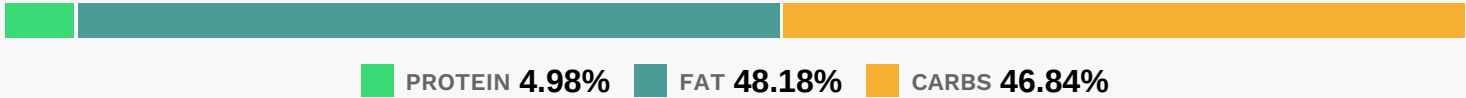
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, stir together the flour, white sugar, brown sugar, and baking soda.
- ☐ Add the egg, vanilla, and butter; mix until dough forms. Stir in the chopped walnuts.
- ☐ Roll dough into 1 inch balls and place 2 inches apart onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, until the edges are golden brown. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:13.11, Inflammation Score:-3, Nutrition Score:4.277826047138%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 236.16kcal (11.81%), Fat: 12.94g (19.91%), Saturated Fat: 5.44g (34.03%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 27.46g (9.99%), Sugar: 17.5g (19.44%), Cholesterol: 33.98mg (11.33%), Sodium: 91.91mg (4%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Protein: 3.01g (6.02%), Manganese: 0.35mg (17.32%), Selenium: 6.15µg (8.79%), Vitamin B1: 0.13mg (8.61%), Folate: 33.09µg (8.27%), Copper: 0.14mg (7.14%), Vitamin B2: 0.1mg (5.72%), Iron: 0.95mg (5.29%), Vitamin A: 257.63IU (5.15%), Phosphorus: 49.28mg (4.93%), Vitamin B3: 0.87mg (4.34%), Magnesium: 15.91mg (3.98%), Fiber: 0.84g (3.37%), Vitamin B6: 0.06mg (2.77%), Zinc: 0.38mg (2.51%), Calcium: 21.17mg (2.12%), Vitamin E: 0.32mg (2.11%), Potassium: 66.36mg (1.9%), Vitamin B5: 0.18mg (1.78%)