



Apple and Spice Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



118 kcal

DESSERT

Ingredients

- 0.3 cup apple juice
- 1 cup apples chopped
- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 2 cups flour all-purpose sifted
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground nutmeg

- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup shortening
- 1 cup walnuts chopped

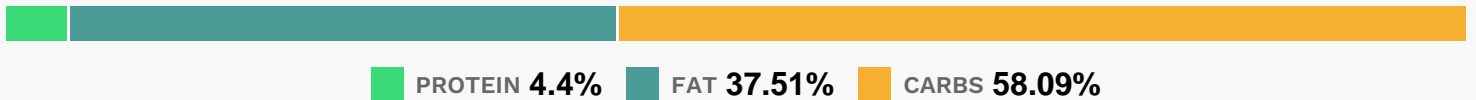
Equipment

- baking sheet
- oven

Directions

- Cream together shortening and brown sugar. Stir in flour, baking soda, salt and spices until dampened. Stir until smooth.
- Mixture will be very thick.
- Stir in nuts, apples and raisins.
- Drop by tablespoon 2 inches apart on a lightly greased cookie sheet.
- Bake 8 to 10 minutes in a 400 degree F (205 degrees C) oven.
- Let cool slightly, remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:2.3960869621647%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 5.09g (7.84%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 16.92g (6.15%), Sugar: 8.61g (9.56%), Cholesterol: 0mg (0%), Sodium: 66.72mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Manganese: 0.22mg (11.1%), Vitamin B1: 0.07mg (4.8%), Folate: 16.26µg (4.06%), Copper: 0.08mg (3.99%), Selenium: 2.64µg (3.78%), Iron: 0.6mg (3.34%), Fiber: 0.83g (3.31%), Vitamin B2: 0.05mg (2.82%), Vitamin B3: 0.51mg (2.54%), Magnesium: 9.17mg (2.29%), Phosphorus: 22.85mg (2.28%), Potassium: 72.87mg (2.08%), Vitamin K: 1.8µg (1.71%), Vitamin B6: 0.03mg (1.68%), Vitamin E: 0.21mg (1.43%), Calcium: 13.57mg (1.36%), Zinc: 0.16mg (1.09%)