



Apple Cider Snickerdoodles

READY IN



75 min.

SERVINGS



18

CALORIES



108 kcal

DESSERT

Ingredients

- 0.3 cup apple chips whole crispy green red finely chopped for garnish
- 1.3 cups apple cider
- 2 teaspoons apple pie spice
- 0.5 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 large eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon kosher salt

- 0.3 cup brown sugar light packed
- 0.5 cup butter unsalted at room temperature

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Heat the cider in a medium skillet over medium-high heat until it comes to a boil. Continue to cook until syrupy and reduced to about 2 tablespoons, 12 to 14 minutes. Set aside to cool slightly.
- Whisk the flour, cream of tartar, baking soda, cinnamon and salt in a medium bowl until smooth. Beat the butter with 1/2 cup of the granulated sugar and the light brown sugar in a separate bowl on medium-high speed until fluffy and smooth, 2 to 3 minutes. Beat in the reduced cider and the egg (the mixture may look slightly curdled). Stir in the flour mixture and 1/4 cup of the chopped apple chips until combined.
- Stir together the remaining 3 tablespoons of granulated sugar, 2 tablespoons of chopped apple chips and the apple pie spice in a small bowl.
- Roll heaping tablespoons of dough into balls, using lightly moistened hands if the dough is too sticky, and then roll in the spiced sugar mixture.
- Place the dough balls 3 inches apart on ungreased baking sheets and top with a few pieces of whole apple chips.
- Bake until the edges are just set but centers are still soft, 11 to 13 minutes, rotating pans halfway through the baking time. Cool 2 to 3 minutes on the baking sheet, and then transfer to a wire rack to cool completely.

Nutrition Facts

PROTEIN 5.56% FAT 45.55% CARBS 48.89%

Properties

Glycemic Index:8.49, Glycemic Load:6.56, Inflammation Score:-2, Nutrition Score:2.3386956777262%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 108.48kcal (5.42%), Fat: 5.53g (8.51%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.94g (4.71%), Sugar: 4.78g (5.31%), Cholesterol: 23.89mg (7.96%), Sodium: 101.58mg (4.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Manganese: 0.13mg (6.61%), Selenium: 4.52µg (6.46%), Vitamin B1: 0.09mg (5.82%), Folate: 20.7µg (5.17%), Vitamin B2: 0.07mg (4.11%), Iron: 0.63mg (3.51%), Vitamin A: 174.42IU (3.49%), Vitamin B3: 0.64mg (3.21%), Phosphorus: 20.03mg (2%), Potassium: 68.19mg (1.95%), Fiber: 0.42g (1.67%), Vitamin E: 0.19mg (1.28%), Copper: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.27mg (1.07%), Calcium: 10.71mg (1.07%)