



Apple Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



72 kcal

DESSERT

Ingredients

- 1 cup apples chopped
- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 1 eggs
- 2 cups flour all-purpose
- 0.5 cup milk
- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup shortening

1 cup walnuts chopped

Equipment

baking sheet

oven

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease cookie sheets.

Cream shortening, sugar and egg.

Add half of the dry ingredients.

Blend in milk and remaining dry ingredients.

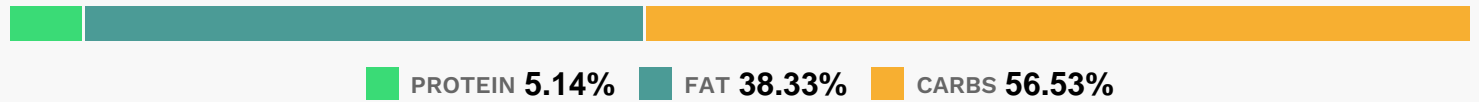
Add nuts, raisins, apples and mix.

Drop on greased cookie sheet.

Bake for 10 to 12 minutes.

Let cool and spread with Vanilla Glaze (see recipe).

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:1.482173928748%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 72.1kcal (3.61%), Fat: 3.17g (4.88%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 10.07g (3.66%), Sugar: 5.12g (5.69%), Cholesterol: 2.97mg (0.99%), Sodium: 41.69mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Manganese: 0.11mg (5.28%), Vitamin B1: 0.04mg (2.95%), Selenium: 1.85µg (2.64%), Folate: 10.06µg (2.52%), Copper: 0.05mg (2.39%), Vitamin B2: 0.03mg (2.04%),

Iron: 0.36mg (2.02%), Fiber: 0.46g (1.83%), Phosphorus: 16.99mg (1.7%), Vitamin B3: 0.3mg (1.52%), Magnesium: 5.6mg (1.4%), Potassium: 45.79mg (1.31%), Vitamin B6: 0.02mg (1.11%), Calcium: 10.34mg (1.03%)