



Apple Crisp Cookies

 Vegetarian

READY IN



90 min.

SERVINGS



24

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 1 apples finely chopped
- ☐ 7 tablespoons spiced apple butter
- ☐ 3 tablespoons apple juice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup little demerara sugar
- ☐ 2 eggs

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 2 cups cooking oats quick
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups flour whole wheat

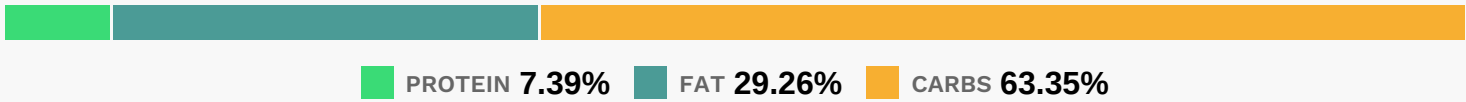
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). In a large bowl, mix all of the whole wheat flour together with the cinnamon, baking powder and salt.
- ☐ In a separate bowl, mash the butter, demerara sugar, and brown sugar together until thoroughly combined, then stir in the apple butter until smooth. Stir in eggs, vanilla extract, and apple juice until well mixed; pour the liquid mixture into the flour mixture about 1/3 cup at a time, stirring after each addition.
- ☐ Mix in the oats and chopped apple.
- ☐ With 2 teaspoons, form the dough into balls and place onto ungreased baking sheets about 2 inches apart.
- ☐ Bake in the preheated oven until the cookies are lightly browned and set in the centers, about 10 minutes; allow to cool for about 2 minutes on baking sheets until removing to finish cooling on wire racks.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:2.99, Inflammation Score:-2, Nutrition Score:5.1869564315547%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 4.93g (7.58%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 21.99g (8%), Sugar: 11.48g (12.75%), Cholesterol: 23.81mg (7.94%), Sodium: 152.91mg (6.65%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.8g (5.6%), Manganese: 0.75mg (37.26%), Selenium: 9.73µg (13.9%), Magnesium: 33.79mg (8.45%), Fiber: 2.03g (8.13%), Phosphorus: 80.37mg (8.04%), Vitamin B1: 0.09mg (6.04%), Iron: 0.84mg (4.68%), Copper: 0.08mg (3.9%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.06mg (3.06%), Vitamin A: 144.46IU (2.89%), Vitamin B3: 0.58mg (2.88%), Vitamin B2: 0.05mg (2.73%), Calcium: 26.49mg (2.65%), Potassium: 89.35mg (2.55%), Folate: 8.76µg (2.19%), Vitamin E: 0.29mg (1.9%), Vitamin B5: 0.18mg (1.84%)