

Apple Hermits

 Vegetarian

READY IN



78 min.

SERVINGS



60

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apples chopped
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.7 cup confectioners' sugar
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon milk
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup walnuts chopped

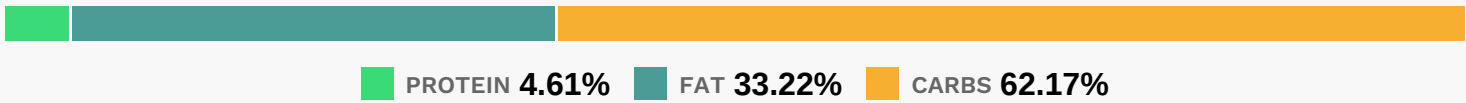
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper.
- ☐ In a medium bowl, sift together flour, baking soda, cinnamon, cloves, nutmeg, and salt. In a large mixing bowl, cream butter until light and fluffy.
- ☐ Mix in sugar and egg. Stir in flour mixture, and mix thoroughly. Fold in nuts, apples, and raisins.
- ☐ Drop by rounded teaspoon onto prepared cookie sheets about 1 1/2 inches apart.
- ☐ Bake for 12 to 14 minutes. Cool on wire rack.
- ☐ In a small bowl, mix confectioners' sugar with milk to make a thin glaze.
- ☐ Drizzle over cooled cookies.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:1.5078260882393%

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: 77.27kcal (3.86%), Fat: 2.95g (4.54%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.94g (4.34%), Sugar: 6.94g (7.71%), Cholesterol: 6.83mg (2.28%), Sodium: 53.4mg (2.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Manganese: 0.13mg (6.62%), Vitamin B1: 0.04mg (2.87%), Selenium: 1.85µg (2.64%), Folate: 10.15µg (2.54%), Copper: 0.05mg (2.42%), Iron: 0.38mg (2.09%), Fiber: 0.49g (1.96%), Vitamin B2: 0.03mg (1.95%), Phosphorus: 15.76mg (1.58%), Vitamin B3: 0.31mg (1.53%), Magnesium: 5.61mg (1.4%), Potassium: 44.95mg (1.28%), Vitamin B6: 0.02mg (1.08%), Vitamin A: 53.32IU (1.07%)