



Brown Sugar-Apple Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 1 cup apples cored peeled sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 teaspoon cinnamon
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

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2 teaspoons vanilla extract

Equipment

☐

baking sheet

☐

oven

Directions

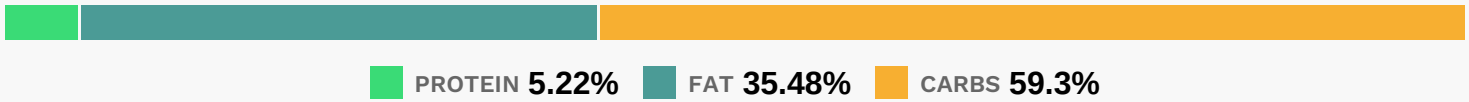
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Mix together all ingredients, stirring in apples last. Drop by teaspoonfuls onto ungreased baking sheets.

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Bake at 350 degrees for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:3.4, Inflammation Score:-1, Nutrition Score:1.2634782590296%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 68.36kcal (3.42%), Fat: 2.7g (4.16%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.91g (3.6%), Sugar: 5.44g (6.04%), Cholesterol: 7.79mg (2.6%), Sodium: 45.42mg (1.97%), Alcohol: 0.07g (100%), Alcohol %: 0.44% (100%), Protein: 0.89g (1.79%), Selenium: 2.73µg (3.89%), Vitamin B1: 0.05mg (3.24%), Folate: 12.02µg (3.01%), Manganese: 0.05mg (2.72%), Vitamin B2: 0.04mg (2.35%), Iron: 0.36mg (2%), Vitamin B3: 0.36mg (1.81%), Vitamin K: 1.4µg (1.34%), Vitamin E: 0.18mg (1.21%), Phosphorus: 11.16mg (1.12%), Fiber: 0.26g (1.03%)