



Butterscotch Apple Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



120 kcal

DESSERT

Ingredients

- 0.8 cup apples grated
- 0.7 cup apple juice
- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 2 tablespoons butter
- 2 cups butterscotch chips
- 1 cup confectioners' sugar
- 1 eggs
- 2.5 cups flour all-purpose

Glycemic Index:5.3, Glycemic Load:4.4, Inflammation Score:-1, Nutrition Score:1.8573913036481%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 119.54kcal (5.98%), Fat: 2.35g (3.62%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 23.37g (8.5%), Sugar: 16.78g (18.64%), Cholesterol: 6.06mg (2.02%), Sodium: 93.56mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.15mg (7.37%), Vitamin B1: 0.07mg (4.55%), Selenium: 3.11µg (4.44%), Folate: 16.32µg (4.08%), Vitamin B2: 0.05mg (2.83%), Iron: 0.49mg (2.73%), Copper: 0.05mg (2.48%), Vitamin B3: 0.48mg (2.39%), Phosphorus: 18.44mg (1.84%), Fiber: 0.45g (1.81%), Magnesium: 6.07mg (1.52%), Calcium: 11.48mg (1.15%), Vitamin B6: 0.02mg (1.05%)