



## Cake Mix Apple-Spice Cookies

READY IN



50 min.

SERVINGS



24

CALORIES



130 kcal

DESSERT

### Ingredients

- 1 box spice cake mix
- 0.5 cup vegetable oil
- 2 eggs
- 1 cup apples chopped
- 0.3 cup cream cheese frosting

### Equipment

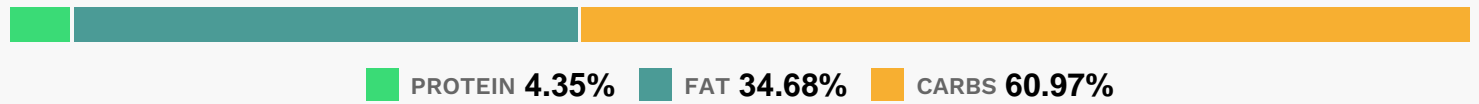
- bowl
- baking sheet

- oven
- microwave

## Directions

- Heat oven to 350°F. In medium bowl, stir together cake mix, oil and eggs until combined and dough forms. Stir in chopped apple.
- Onto ungreased cookie sheets, drop dough by tablespoonfuls about 2 inches apart.
- Bake 8 to 10 minutes or until set.
- Remove cookies from cookie sheets to cooling racks. Cool completely, about 15 minutes.
- In small microwavable bowl, microwave frosting on High 10 seconds.
- Drizzle melted frosting over cooled cookies.

## Nutrition Facts



## Properties

Glycemic Index:1.33, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:2.3930434766023%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 129.72kcal (6.49%), Fat: 5.06g (7.78%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 19.5g (7.09%), Sugar: 13.6g (15.11%), Cholesterol: 13.64mg (4.55%), Sodium: 155.81mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Manganese: 0.12mg (6.16%), Iron: 1.09mg (6.06%), Phosphorus: 56.66mg (5.67%), Vitamin B1: 0.08mg (5.04%), Vitamin B2: 0.07mg (4.12%), Folate: 12.87µg (3.22%), Vitamin K: 3.17µg (3.02%), Copper: 0.06mg (2.9%), Vitamin B3: 0.56mg (2.79%), Potassium: 85.74mg (2.45%), Selenium: 1.6µg (2.29%), Calcium: 22.76mg (2.28%), Fiber: 0.49g (1.96%), Magnesium: 5.32mg (1.33%), Vitamin E: 0.17mg (1.1%), Vitamin B5: 0.11mg (1.1%)