



Cake Mix Carrot-Pumpkin Cookies

 Very Healthy

READY IN



80 min.

SERVINGS



32

CALORIES



538 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.8 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 container cream cheese frosting
- 1 eggs
- 36 pumpkin
- 1 box duncan hines classic decadent cake mix

Equipment

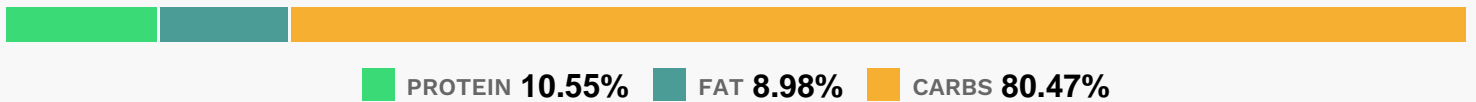
- bowl

- baking sheet
- oven
- wire rack

Directions

- Heat oven to 350F (325F for dark or nonstick pans). Grease cookie sheets. In large bowl, mix cake mix, pumpkin, butter and egg; stir until well blended. Drop dough by rounded tablespoonfuls onto cookie sheets.
- Bake 11 to 14 minutes or until puffed and set in center. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.
- Frost cookies with cream cheese frosting. Press 1 candy pumpkin onto each cookie. Store covered.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:66.1, Inflammation Score:-10, Nutrition Score:55.529130776939%

Flavonoids

Luteolin: 24.94mg, Luteolin: 24.94mg, Luteolin: 24.94mg, Luteolin: 24.94mg

Nutrients (% of daily need)

Calories: 537.95kcal (26.9%), Fat: 6.14g (9.45%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 123.82g (41.27%), Net Carbohydrates: 115.46g (41.99%), Sugar: 58.03g (64.47%), Cholesterol: 5.11mg (1.7%), Sodium: 186.14mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.48%), Vitamin A: 130844.87IU (2616.9%), Vitamin C: 137.93mg (167.18%), Potassium: 5228.35mg (149.38%), Vitamin E: 16.43mg (109.52%), Vitamin B2: 1.73mg (101.96%), Manganese: 1.97mg (98.66%), Copper: 1.96mg (98.22%), Phosphorus: 734.05mg (73.4%), Iron: 12.67mg (70.38%), Folate: 258.99µg (64.75%), Vitamin B1: 0.8mg (53.45%), Vitamin B3: 9.59mg (47.96%), Vitamin B6: 0.95mg (47.52%), Vitamin B5: 4.7mg (47.02%), Magnesium: 186.89mg (46.72%), Calcium: 360.75mg (36.08%), Fiber: 8.35g (33.41%), Zinc: 5.01mg (33.39%), Vitamin K: 17.27µg (16.45%), Selenium: 6.54µg (9.35%)