



Carrot Cake Cookies with Pineapple Cream Cheese Filling

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



375 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 ounces butter
- ☐ 0.8 cup carrots shredded dry
- ☐ 2 tsp cinnamon
- ☐ 8 ounces cream cheese softened
- ☐ 2 eggs

- ☐ 2 cups flour all-purpose
- ☐ 1 cup brown sugar light
- ☐ 12 servings pecans chopped
- ☐ 0.5 cup pineapple dry crushed pressed drained
- ☐ 1 cup powdered sugar plus more if desired)
- ☐ 0.8 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line two baking sheets with foil. In a mixing bowl, beat the butter with sugar until creamy. Beat in the eggs and vanilla, then stir in carrots and raisins.
- ☐ Mix the dry ingredients (flour, baking powder, soda, salt and cinnamon) together, then add them to the creamed mixture, stirring just until mixed. Drop by rounded spoonfuls (if you have a medium cookie scoop, it works well) on to the sheets.
- ☐ Sprinkle pecans over half of the cookies.
- ☐ Bake 15 to 20 minutes.
- ☐ Let cool on sheets for a while. When completely cool, sandwich 2 cookies together with the cream cheese filling. Use a pecan topped cookie for the top cookie. Beat the cream cheese, gradually adding the butter. Beat until smooth. Sift in sugar. Beat well.
- ☐ Add pineapple and vanilla. Rub cream cheese frosting over the bottom of half of the cookies and use the remaining cookies to top the sandwiches.

Nutrition Facts



PROTEIN 5.03% **FAT 37.37%** **CARBS 57.6%**

Properties

Glycemic Index:30.39, Glycemic Load:15.97, Inflammation Score:-8, Nutrition Score:8.0108694511911%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 374.91kcal (18.75%), Fat: 15.87g (24.42%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 53.2g (19.34%), Sugar: 30.28g (33.65%), Cholesterol: 66.69mg (22.23%), Sodium: 327.66mg (14.25%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Protein: 4.8g (9.61%), Vitamin A: 1872.82IU (37.46%), Selenium: 11.47µg (16.38%), Manganese: 0.32mg (15.82%), Vitamin B1: 0.2mg (13.57%), Vitamin B2: 0.21mg (12.37%), Folate: 46.27µg (11.57%), Iron: 1.65mg (9.14%), Phosphorus: 82.02mg (8.2%), Calcium: 77.6mg (7.76%), Vitamin B3: 1.5mg (7.52%), Fiber: 1.86g (7.43%), Potassium: 203.85mg (5.82%), Copper: 0.1mg (5.18%), Magnesium: 15.82mg (3.95%), Vitamin B6: 0.08mg (3.92%), Vitamin B5: 0.38mg (3.82%), Vitamin E: 0.55mg (3.67%), Zinc: 0.45mg (3%), Vitamin C: 1.92mg (2.32%), Vitamin K: 2.44µg (2.32%), Vitamin B12: 0.12µg (2.05%)