



Carrot Cake Muffin Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



64

CALORIES



53 kcal

DESSERT

Ingredients

- 0.5 cup butter (I used brumble & brown)
- 0.5 cup brown sugar (they said 1 cup)
- 0.5 cup brown sugar (they said 1 cup)
- 1 Tbsp maple syrup
- 2 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 0.3 tsp salt

- 1 eggs
- 0.3 cup apple sauce unsweetened
- 1 tsp vanilla extract
- 1 cup pastry flour whole wheat
- 1 cup flour whole wheat white
- 1 cup carrots shredded finely (2 medium)
- 0.8 cup raisins
- 0.5 cup walnut pieces chopped for 3/4 cup, but i only had half, add more (recipe calls)
- 0.5 Tbsp sugar

Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- hand mixer

Directions

- Preheat oven to 350
- In a large bowl beat the butter with an electric mixer on medium speed for 30 seconds.
- Add brown sugar, maple syrup, baking soda, cinnamon, ginger and salt. Beat until combined.
- Beat in egg, applesauce and vanilla. Beat in as much flour as you can with mixer. Stir in remaining flour, carrots, raisins, walnuts just until combined.
- Drop by slightly rounded teaspoons 2 apart onto an ungreased cookie sheet.
- Sprinkle with Turbinado sugar.
- Bake 8 10 minutes or until edges are firm.
- Transfer to a wire rack: cool.

Nutrition Facts

PROTEIN 5.82% FAT 35.5% CARBS 58.68%

Properties

Glycemic Index:3.39, Glycemic Load:0.87, Inflammation Score:-3, Nutrition Score:1.4921739130435%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 13.36%, Sourness: 8.8%, Bitterness: 17.12%, Savoriness: 5.1%, Fattiness: 42.89%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 53.21kcal (2.66%), Fat: 2.19g (3.38%), Saturated Fat: 1g (6.26%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.51g (2.73%), Sugar: 3.84g (4.27%), Cholesterol: 6.37mg (2.12%), Sodium: 63.74mg (2.77%), Protein: 0.81g (1.62%), Vitamin A: 382.91IU (7.66%), Manganese: 0.14mg (7.07%), Fiber: 0.66g (2.63%), Selenium: 1.51µg (2.15%), Copper: 0.03mg (1.55%), Phosphorus: 13.88mg (1.39%), Magnesium: 5.38mg (1.34%), Iron: 0.24mg (1.32%), Potassium: 41.35mg (1.18%), Vitamin B1: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.08%)