



Carrot Cake-Oatmeal Cookies

READY IN



90 min.

SERVINGS



36

CALORIES



125 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon butter softened
- ☐ 0.5 cup carrots grated
- ☐ 1 pouch basic cookie mix (1 lb 1.5 oz)
- ☐ 4 oz cream cheese softened (half of 8-oz package)
- ☐ 1 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup nuts finely chopped
- ☐ 1.5 cups powdered sugar

- ☐ 0.5 teaspoon vanilla
- ☐ 1 tablespoon water

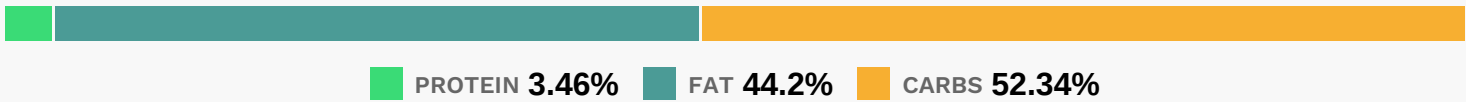
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 375F. In large bowl, stir cookie ingredients until stiff dough forms.
- ☐ On ungreased cookie sheets, drop dough by teaspoonfuls 2 inches apart.
- ☐ Bake 9 to 10 minutes or until edges are light golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.
- ☐ In small bowl, mix cream cheese, 1 tablespoon butter, the vanilla and powdered sugar with spoon until smooth.
- ☐ Spread frosting over cookies.
- ☐ Sprinkle with nuts. Store tightly covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.01, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:1.1065217366685%

Nutrients (% of daily need)

Calories: 124.59kcal (6.23%), Fat: 6.07g (9.34%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.64g (5.69%), Sugar: 11.59g (12.88%), Cholesterol: 7.73mg (2.58%), Sodium: 60.97mg (2.65%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.07g (2.14%), Vitamin A: 472.9IU (9.46%), Fiber: 0.52g (2.08%), Manganese: 0.03mg (1.63%), Vitamin B2: 0.02mg (1.3%), Phosphorus: 11.62mg (1.16%), Vitamin E: 0.16mg (1.08%)