

Carrot Cookies III

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



87 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup carrots cooled cooked mashed
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon orange zest
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

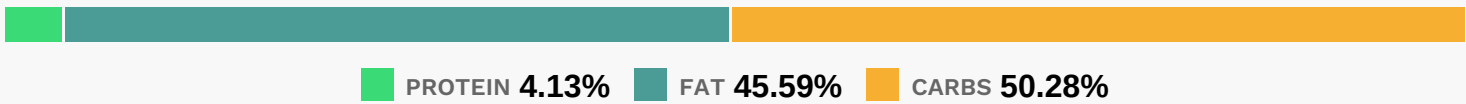
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together the sugar, shortening and the egg.
- ☐ Add cooked cooled mashed carrots, flour, baking powder, salt and vanilla.
- ☐ Mix well.
- ☐ Drop on greased cookie sheet and bake for 15 minutes.
- ☐ Combine orange juice with the grated rind of one orange.
- ☐ Add enough confectioners' sugar to thicken. Put on cookies while hot.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:6.96, Inflammation Score:-4, Nutrition Score:2.0708695974039%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 87.47kcal (4.37%), Fat: 4.48g (6.89%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.81g (3.93%), Sugar: 5.52g (6.14%), Cholesterol: 4.55mg (1.52%), Sodium: 44.29mg (1.93%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 0.91g (1.83%), Vitamin A: 603.18IU (12.06%), Vitamin B1: 0.06mg (3.95%), Selenium: 2.77µg (3.95%), Folate: 14.29µg (3.57%), Manganese: 0.05mg (2.67%), Vitamin K: 2.77µg

(2.64%), Vitamin B2: 0.04mg (2.56%), Vitamin B3: 0.45mg (2.26%), Iron: 0.39mg (2.16%), Vitamin E: 0.3mg (2.02%), Calcium: 16.44mg (1.64%), Phosphorus: 16.23mg (1.62%), Fiber: 0.31g (1.23%), Vitamin C: 0.91mg (1.1%)