



Carrot-Oatmeal-Pecan Snack Cookies

READY IN



20 min.

SERVINGS



4

CALORIES



1129 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar dark packed
- ☐ 0.3 cup butter softened
- ☐ 2 carrots grated
- ☐ 0.8 cup cherries dried
- ☐ 0.5 cup egg substitute
- ☐ 1.8 cups flour all-purpose
- ☐ 6 ounces cream cheese softened reduced-fat
- ☐ 3 cups regular oats uncooked

- ☐ 0.5 cup pecans chopped
- ☐ 1.8 teaspoons pumpkin pie spice
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

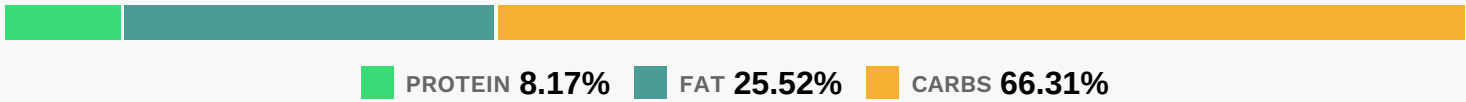
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Combine flour, pumpkin pie spice, salt, and baking soda.
- ☐ Beat butter, cream cheese, and sugar at medium speed with an electric mixer until fluffy.
- ☐ Add egg substitute and vanilla, beating until blended. Gradually add flour mixture, beating at low speed just until blended. Stir in oats, dried cherries, and grated carrot.
- ☐ Drop dough by rounded tablespoonfuls onto baking sheets coated with cooking spray; gently flatten dough into circles.
- ☐ Sprinkle about 1/2 tsp. chopped pecans onto each dough circle, gently pressing into dough.
- ☐ Bake, in batches, at 350 for 13 to 14 minutes or until a wooden pick inserted in centers comes out clean.
- ☐ Remove cookies from baking sheets to wire racks, and let cool 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55.46, Glycemic Load:45.23, Inflammation Score:-10, Nutrition Score:33.033478031988%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1129.43kcal (56.47%), Fat: 32.51g (50.01%), Saturated Fat: 12.83g (80.19%), Carbohydrates: 190.02g (63.34%), Net Carbohydrates: 177.98g (64.72%), Sugar: 97.81g (108.67%), Cholesterol: 53.47mg (17.82%), Sodium: 784.14mg (34.09%), Alcohol: 0.34g (100%), Alcohol %: 0.12% (100%), Protein: 23.42g (46.85%), Manganese: 3.44mg (171.91%), Vitamin A: 6568.84IU (131.38%), Selenium: 51.97µg (74.24%), Vitamin B1: 0.87mg (58.27%), Fiber: 12.05g (48.19%), Phosphorus: 450.84mg (45.08%), Iron: 7.36mg (40.87%), Folate: 142.67µg (35.67%), Vitamin B2: 0.6mg (35.37%), Magnesium: 133.02mg (33.26%), Copper: 0.56mg (27.9%), Zinc: 3.88mg (25.89%), Calcium: 242.86mg (24.29%), Vitamin B3: 4.58mg (22.92%), Vitamin B5: 2.1mg (21.04%), Potassium: 721.52mg (20.61%), Vitamin B6: 0.25mg (12.63%), Vitamin E: 1.62mg (10.79%), Vitamin B12: 0.52µg (8.62%), Vitamin K: 7.65µg (7.29%), Vitamin D: 0.61µg (4.05%), Vitamin C: 2.3mg (2.79%)