



Carrot-Spice Cookies

READY IN



85 min.

SERVINGS



48

CALORIES



87 kcal

Ingredients

- 1 box betty delights super carrot cake mix
- 0.3 cup flour all-purpose
- 0.7 cup butter melted
- 2 eggs
- 1 cup cranberries dried sweetened
- 0.5 cup cream cheese frosting

Equipment

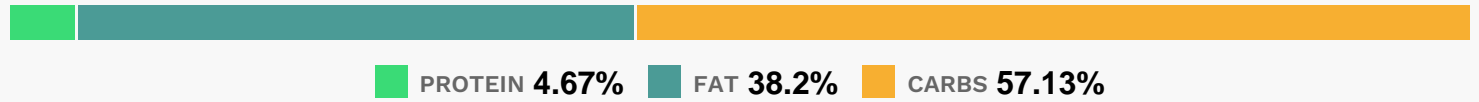
- bowl
- baking sheet

- oven
- hand mixer
- microwave

Directions

- Heat oven to 350°F (325°F for dark or nonstick pans). In large bowl, beat cake mix, flour, butter and eggs with electric mixer on low speed 1 minute. Stir in cranberries.
- On ungreased cookie sheets, drop dough by teaspoonfuls 2 inches apart.
- Bake 10 to 13 minutes or until edges are set. Immediately remove from cookie sheets to cooling racks. Cool completely, about 10 minutes.
- In small microwavable bowl, microwave frosting uncovered on Medium (50%) 15 seconds.
- Drizzle frosting over cookies. Store covered.

Nutrition Facts



Properties

Glycemic Index:1.56, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:0.903478252499%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 87.11kcal (4.36%), Fat: 3.69g (5.68%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11.93g (4.34%), Sugar: 8.04g (8.93%), Cholesterol: 6.82mg (2.27%), Sodium: 80.31mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin A: 371.3IU (7.43%), Fiber: 0.49g (1.94%), Iron: 0.32mg (1.78%), Selenium: 0.89µg (1.27%), Vitamin E: 0.17mg (1.14%)