



Cherry Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup cherries dried
- ☐ 2 egg whites
- ☐ 1 teaspoon imitation vanilla extract
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup soy margarine
- ☐ 1 cup rice flour white

- ☐ 1 cup sugar white
- ☐ 1 cup flour whole wheat

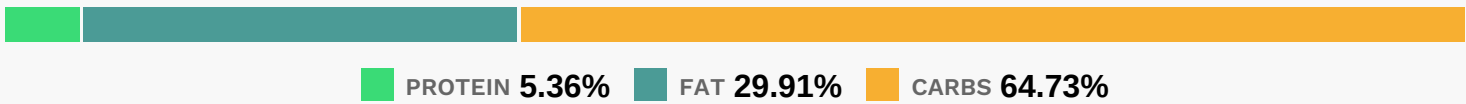
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C)
- ☐ In a medium bowl, cream together the brown sugar, white sugar and soy margarine.
- ☐ Add egg white, and mix well.
- ☐ In another bowl, stir together the spelt flour, wheat flour, baking soda and salt.
- ☐ Add this to the sugar mixture and mix well. Finally, stir in the dried cherries.
- ☐ Drop cookie dough from a teaspoon onto a lightly greased cookie sheet.
- ☐ Bake in preheated oven for 13 minutes.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:6.98, Inflammation Score:-4, Nutrition Score:3.2156521750857%

Nutrients (% of daily need)

Calories: 174.62kcal (8.73%), Fat: 5.86g (9.02%), Saturated Fat: 1.44g (9%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 26.54g (9.65%), Sugar: 18.52g (20.58%), Cholesterol: 0mg (0%), Sodium: 175.53mg (7.63%), Alcohol: 0.07g (100%), Alcohol %: 0.19% (100%), Protein: 2.37g (4.73%), Manganese: 0.25mg (12.44%), Vitamin E: 1.68mg (11.21%), Vitamin A: 539.35IU (10.79%), Fiber: 2.01g (8.05%), Selenium: 4.43µg (6.34%), Vitamin K: 4.82µg (4.59%), Iron: 0.65mg (3.61%), Magnesium: 9.07mg (2.27%), Phosphorus: 22.44mg (2.24%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.31mg (1.54%), Vitamin B2: 0.03mg (1.48%), Copper: 0.03mg (1.44%), Vitamin B6: 0.03mg (1.34%), Calcium: 12.43mg (1.24%), Zinc: 0.16mg (1.07%), Potassium: 36.87mg (1.05%)