



## Easy Carrot Cake Cookies

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



138 kcal

### Ingredients

- 1 box betty delights super carrot cake mix
- 1 box vanilla pudding instant (4-serving size)
- 0.5 cup vegetable oil
- 2 eggs
- 1 cup zucchini dry grated
- 1 cup carrots grated
- 7 oz chocolate icing white

### Equipment

- bowl

- baking sheet
- baking paper
- oven

## Directions

- Heat oven to 350°F. Line 2 cookie sheets with cooking parchment paper.
- In large bowl, stir cake mix, pudding mix, oil and eggs until combined. Stir in zucchini and carrot. Drop dough by rounded tablespoonfuls about 2 inches apart onto cookie sheets.
- Bake 10 to 12 minutes or until edges are lightly browned. Cool 3 minutes; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.
- Drizzle icing over cookies.
- Let stand until set, about 5 minutes.

## Nutrition Facts



**PROTEIN 5.62%** **FAT 21.93%** **CARBS 72.45%**

## Properties

Glycemic Index:4.37, Glycemic Load:2.6, Inflammation Score:-7, Nutrition Score:2.5804348264052%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 138.44kcal (6.92%), Fat: 3.3g (5.08%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 23.64g (8.6%), Sugar: 16.68g (18.53%), Cholesterol: 13.64mg (4.55%), Sodium: 132.05mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin A: 1418.37IU (28.37%), Fiber: 0.88g (3.53%), Vitamin K: 3.68µg (3.51%), Iron: 0.58mg (3.22%), Vitamin B2: 0.05mg (2.95%), Vitamin C: 2.01mg (2.44%), Vitamin E: 0.28mg (1.87%), Calcium: 17.98mg (1.8%), Selenium: 1.19µg (1.69%), Phosphorus: 12.66mg (1.27%), Folate: 4.64µg (1.16%), Potassium: 39.22mg (1.12%), Vitamin B6: 0.02mg (1.1%)