



Easy Carrot Cake Cookies

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 1 cup carrots grated
- ☐ 2 eggs
- ☐ 7 oz chocolate icing white
- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 0.5 cup vegetable oil
- ☐ 1 box duncan hines classic decadent cake mix
- ☐ 1 cup zucchini dry grated

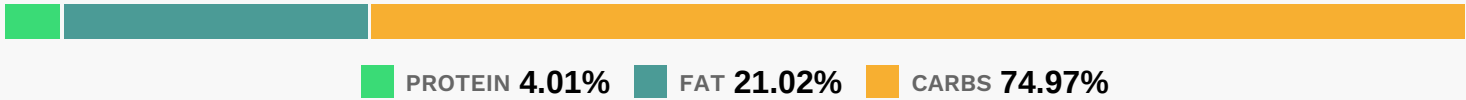
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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



Properties

Glycemic Index:4.37, Glycemic Load:2.6, Inflammation Score:-6, Nutrition Score:3.4582608445831%

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: 146.2kcal (7.31%), Fat: 3.44g (5.29%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 27.11g (9.86%), Sugar: 17.85g (19.83%), Cholesterol: 13.64mg (4.55%), Sodium: 199.2mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin A: 921.12IU (18.42%), Phosphorus: 85.25mg (8.53%), Vitamin B2: 0.1mg (5.7%), Calcium: 52.26mg (5.23%), Folate: 19.72µg (4.93%), Selenium: 3.04µg (4.34%), Vitamin K: 4.26µg (4.06%), Vitamin B1: 0.05mg (3.66%), Vitamin E: 0.47mg (3.12%), Manganese: 0.06mg (3.11%), Vitamin B3: 0.61mg (3.05%), Iron: 0.54mg (2.98%), Fiber: 0.46g (1.85%), Vitamin C: 1.24mg (1.5%), Potassium: 52.58mg (1.5%), Vitamin B5: 0.15mg (1.49%), Vitamin B6: 0.03mg (1.4%), Copper: 0.03mg (1.3%), Zinc: 0.18mg (1.22%), Magnesium: 4.46mg (1.12%)