

Extra Easy Pumpkin Cookies

 Dairy Free

READY IN



23 min.

SERVINGS



24

CALORIES



108 kcal

DESSERT

Ingredients

- 0.5 cup apple sauce
- 14 ounce pumpkin 100% pure canned
- 1 teaspoon cinnamon
- 2 eggs
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground nutmeg
- 18.3 ounce spice cake mix
- 0.5 teaspoon vanilla extract

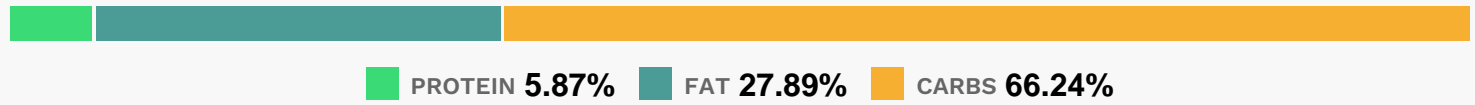
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease two baking sheets.
- Beat the pumpkin, eggs, applesauce, and vanilla together in a large mixing bowl. Stir in the cake mix, cinnamon, nutmeg, and cloves until well blended and creamy. Drop by spoonfuls on prepared baking sheets.
- Bake in preheated oven until tops are firm when lightly touched, 8 to 10 minutes. Cool on racks.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:5.2760868590811%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 107.93kcal (5.4%), Fat: 3.39g (5.22%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 17.17g (6.24%), Sugar: 11.11g (12.35%), Cholesterol: 13.64mg (4.55%), Sodium: 147.85mg (6.43%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.61g (3.22%), Vitamin A: 2595.93IU (51.92%), Manganese: 0.18mg (8.76%), Iron: 1.33mg (7.39%), Phosphorus: 62.19mg (6.22%), Vitamin B1: 0.08mg (5.35%), Vitamin B2: 0.08mg (4.65%), Vitamin K: 4.12µg (3.92%), Fiber: 0.96g (3.85%), Copper: 0.08mg (3.78%), Folate: 14.9µg (3.72%), Potassium: 117.24mg (3.35%), Vitamin B3: 0.62mg (3.1%), Calcium: 27.87mg (2.79%), Selenium: 1.66µg (2.38%), Magnesium: 9.11mg (2.28%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.18mg (1.76%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.16mg (1.05%)