



## Fresh Strawberry Cookies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



83 kcal

### Ingredients

- 2 cups blanched almonds and
- 1 cup raisins
- 2 cups strawberries fresh

### Equipment

- dehydrator

### Directions

- Soak almonds in water overnight.

- Soak raisins in boiling water for 5 minutes then drain. Dice raisins and strawberries.
- Coarsely grind the soaked almonds.
- Add them to the diced strawberry-raisin mixture and mix well.
- Drop batter by spoonfuls onto a dehydrator plastic tray. Dehydrate for 24 hours or until dry at 105 degrees F (40 degrees C). Turn cookies over in 8 to 12 hours or when you see that one side is dry enough.

## Nutrition Facts

**PROTEIN 10.93%** **FAT 55.31%** **CARBS 33.76%**

### Properties

Glycemic Index:4.12, Glycemic Load:2.82, Inflammation Score:-2, Nutrition Score:3.9839130448906%

### Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

### Nutrients (% of daily need)

Calories: 83.18kcal (4.16%), Fat: 5.54g (8.52%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.93g (2.15%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 3.79mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin E: 2.51mg (16.73%), Manganese: 0.25mg (12.68%), Vitamin C: 7.38mg (8.95%), Magnesium: 31.29mg (7.82%), Fiber: 1.68g (6.73%), Copper: 0.13mg (6.55%), Phosphorus: 57.52mg (5.75%), Vitamin B2: 0.09mg (5.16%), Potassium: 136.85mg (3.91%), Iron: 0.55mg (3.04%), Calcium: 28.19mg (2.82%), Vitamin B3: 0.48mg (2.39%), Zinc: 0.34mg (2.25%), Folate: 8.17µg (2.04%), Vitamin B1: 0.03mg (1.97%), Vitamin B6: 0.03mg (1.45%)