



Frosted Orange Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



48

CALORIES



85 kcal

DESSERT

Ingredients

- 2 medium navel oranges
- 0.5 cup butter flavor shortening
- 1 cup sugar
- 0.5 cup milk
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt

- 2.5 cups powdered sugar
- 1 tablespoon butter melted

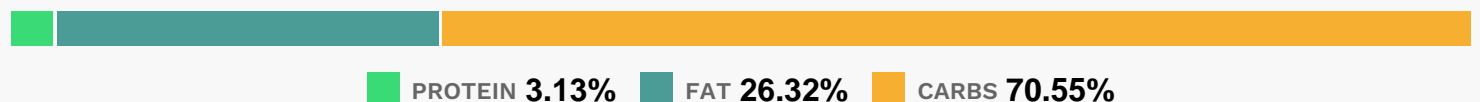
Equipment

- bowl
- baking sheet
- oven
- knife
- blender

Directions

- With a sharp knife, score each orange into quarters; remove peel. Use knife to remove white pith from peel and fruit; discard. Quarter oranges and place in a blender.
- Add peel; cover and process until smooth (mixture should measure 3/4 cup).
- In a large bowl, cream shortening and sugar until light and fluffy. Beat in milk and 6 tablespoons orange mixture.
- Combine the flour, baking powder, baking soda and salt; gradually add to creamed mixture until blended.
- Drop by rounded teaspoonfuls 2 in. apart onto greased baking sheets.
- Bake at 350° for 10–13 minutes or until set and edges are lightly browned.
- Remove to wire racks to cool.
- For frosting, in a small bowl, combine confectioners' sugar, butter and enough of the remaining orange mixture to achieve spreading consistency. Frost cookies.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:1.2773912931266%

Flavonoids

Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 84.71kcal (4.24%), Fat: 2.53g (3.89%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 14.97g (5.44%), Sugar: 10.9g (12.11%), Cholesterol: 0.93mg (0.31%), Sodium: 47.71mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin C: 3.45mg (4.18%), Vitamin B1: 0.05mg (3.11%), Folate: 11.52µg (2.88%), Selenium: 1.88µg (2.69%), Vitamin B2: 0.03mg (2.02%), Manganese: 0.04mg (1.89%), Vitamin B3: 0.34mg (1.68%), Iron: 0.27mg (1.48%), Calcium: 11.52mg (1.15%), Phosphorus: 11.43mg (1.14%), Vitamin K: 1.18µg (1.12%), Fiber: 0.27g (1.08%), Vitamin E: 0.15mg (1.01%)