



## Glazed Apple Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



122 kcal

DESSERT

### Ingredients

- 1 cup apples diced cored peeled finely
- 1 teaspoon baking soda
- 1.3 cups brown sugar packed
- 1 tablespoon butter
- 1.5 cups confectioners' sugar sifted
- 1 eggs
- 2 cups flour all-purpose sifted
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves

- 0.3 teaspoon ground nutmeg
- 2.5 tablespoons half-and-half cream
- 0.3 cup milk
- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.5 teaspoon vanilla extract

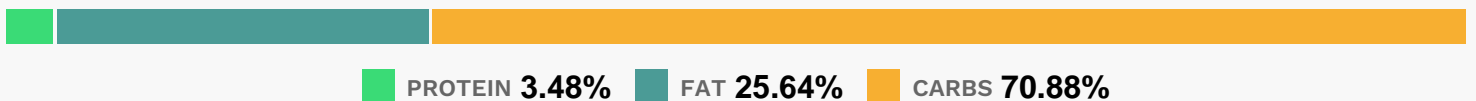
## Equipment

- baking sheet
- oven

## Directions

- Beat shortening and brown sugar together until light and fluffy. Beat in egg and blend thoroughly.
- Stir together flour, baking soda, salt, cinnamon, cloves and nutmeg.
- Stir half the dry ingredients into creamed mixture. Stir in nuts, apple and raisins, then stir in remaining half of dry ingredients and milk.
- Mix well.
- Drop from tablespoon 1 1/2 inches apart onto lightly greased baking sheet.
- Bake in a preheated 400 degree oven for 10-12 minutes.
- Remove cookies to racks and while still warm, spread with glaze.
- Combine powdered sugar, butter, vanilla and enough cream to make glaze of spreading consistency. Beat until smooth.
- Spread on warm cookies.

## Nutrition Facts



## Properties

Glycemic Index:9.13, Glycemic Load:5.69, Inflammation Score:-1, Nutrition Score:1.8117391182029%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 121.95kcal (6.1%), Fat: 3.56g (5.47%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 21.55g (7.83%), Sugar: 13.32g (14.8%), Cholesterol: 5.95mg (1.98%), Sodium: 72.1mg (3.13%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.09g (2.18%), Manganese: 0.09mg (4.61%), Selenium: 2.95µg (4.22%), Vitamin B1: 0.06mg (4.14%), Folate: 13.65µg (3.41%), Vitamin B2: 0.05mg (3.16%), Iron: 0.52mg (2.91%), Vitamin B3: 0.47mg (2.36%), Fiber: 0.59g (2.35%), Potassium: 61.67mg (1.76%), Phosphorus: 16.54mg (1.65%), Vitamin K: 1.72µg (1.64%), Copper: 0.03mg (1.44%), Vitamin E: 0.21mg (1.43%), Calcium: 13.98mg (1.4%), Magnesium: 4.24mg (1.06%)