



Healthy Honey Carrot Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



58 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 1.3 cups carrots grated
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.5 teaspoon salt

☐

1 teaspoon vanilla extract

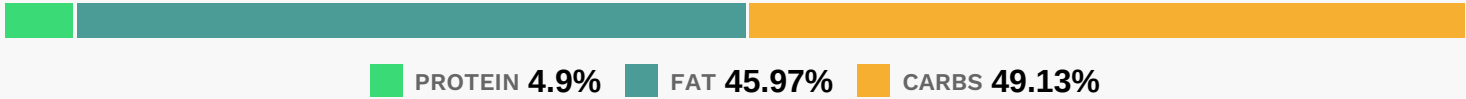
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream together butter and honey.
- ☐ Add eggs, and beat well. Blend in vanilla, and lemon extracts.
- ☐ In a separate bowl, sift together the flour, baking powder and salt. Gradually add the dry ingredients to creamed mixture, and mix well. Stir in carrots.
- ☐ Drop by teaspoon on greased baking sheets.
- ☐ Bake at 375 degrees F (190 degrees C) for 15 minutes and cool on racks.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:4.54, Inflammation Score:-4, Nutrition Score:1.6517391480182%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.13kcal (2.91%), Fat: 3.02g (4.65%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.09g (3.43%), Cholesterol: 11.04mg (3.68%), Sodium: 68.55mg (2.98%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 0.73g (1.45%), Vitamin A: 650.45IU (13.01%), Selenium: 2.11µg (3.02%), Vitamin B1: 0.04mg (2.91%), Folate: 10.77µg (2.69%), Manganese: 0.04mg (2.18%), Vitamin B2: 0.03mg (2.03%), Vitamin B3: 0.35mg (1.74%), Iron: 0.3mg (1.68%), Calcium: 13.28mg (1.33%), Phosphorus: 13.26mg (1.33%)