



Iced Carrot Cookies

 Vegetarian

READY IN



16 min.

SERVINGS



16

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup carrots pureed
- ☐ 1 cup powdered sugar sifted
- ☐ 0.5 cup currants
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons orange juice

- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted melted
- ☐ 6 tablespoons butter unsalted at room temperature

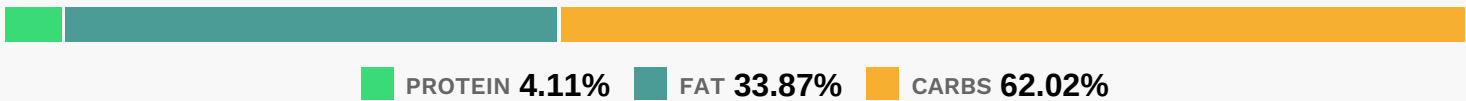
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 375F. Line 2 large baking sheets with parchment. Set a wire rack over a rimmed baking sheet. Sift flour, baking powder and salt onto a sheet of parchment.
- ☐ Using an electric mixer on medium–high speed, beat butter, sugar and zest until light, about 3 minutes. Reduce speed; beat in egg and carrot puree. Scrape down sides of bowl. (
- ☐ Mixture will look curdled.) Stir in flour mixture and currants.
- ☐ Drop dough by tablespoons 2 inches apart on baking sheets.
- ☐ Bake until lightly browned, about 15 minutes, switching sheets top to bottom and front to back halfway through.
- ☐ Let cool on sheets on wire racks for 2 minutes, then remove to racks to cool completely.
- ☐ Mix juice and butter. Gradually add confectioners' sugar, beating until smooth.
- ☐ Transfer to a ziplock bag. Snip off a corner; drizzle icing over cooled cookies.
- ☐ Let stand until icing hardens, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:5.4, Inflammation Score:-5, Nutrition Score:2.9421738956286%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 139.25kcal (6.96%), Fat: 5.37g (8.25%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 21.57g (7.84%), Sugar: 14.99g (16.65%), Cholesterol: 24.79mg (8.26%), Sodium: 97.34mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin A: 846.24IU (16.92%), Selenium: 3.81µg (5.44%), Vitamin B1: 0.07mg (4.99%), Folate: 17.88µg (4.47%), Manganese: 0.09mg (4.25%), Vitamin B2: 0.07mg (3.87%), Iron: 0.57mg (3.18%), Vitamin B3: 0.59mg (2.97%), Phosphorus: 25.26mg (2.53%), Fiber: 0.54g (2.15%), Calcium: 21.38mg (2.14%), Potassium: 72.71mg (2.08%), Vitamin C: 1.68mg (2.04%), Copper: 0.03mg (1.67%), Vitamin B6: 0.03mg (1.54%), Vitamin E: 0.21mg (1.41%), Magnesium: 5.03mg (1.26%), Vitamin B5: 0.11mg (1.13%), Vitamin K: 1.14µg (1.09%), Vitamin D: 0.15µg (1.03%)