

Iced Carrot Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 3 drops almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 1 cup butter softened
- ☐ 1 cup carrots cooked peeled mashed
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons juice of lemon

- ☐ 1 tablespoon lemon zest
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

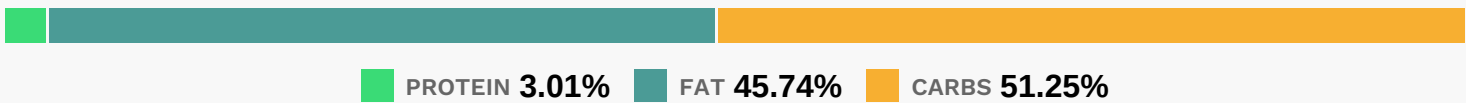
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Blend together butter and sugar; add egg and carrots. In a separate bowl, sift together flour, baking powder and salt; add to butter mixture, blending well. Stir in extracts. Drop by teaspoonfuls onto greased baking sheets.
- ☐ Bake at 375 degrees for 10 minutes, or until just lightly golden.
- ☐ Let cookies cool.
- ☐ To prepare Citrus Icing: blend butter and powdered sugar.
- ☐ Add juice and zest; mix well. Frost cookies with Citrus Icing.

Nutrition Facts



Properties

Glycemic Index:10.66, Glycemic Load:6.91, Inflammation Score:-5, Nutrition Score:2.1865217426549%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 127.79kcal (6.39%), Fat: 6.6g (10.16%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 16.34g (5.94%), Sugar: 10.93g (12.14%), Cholesterol: 21.49mg (7.16%), Sodium: 111.07mg (4.83%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 0.98g (1.96%), Vitamin A: 797.72IU (15.95%), Selenium: 2.88µg (4.11%), Vitamin B1: 0.06mg (3.88%), Folate: 14.47µg (3.62%), Vitamin B2: 0.05mg (2.77%), Manganese: 0.05mg (2.69%), Vitamin B3: 0.45mg (2.26%), Iron: 0.39mg (2.16%), Calcium: 18.29mg (1.83%), Phosphorus: 18.05mg (1.81%), Vitamin E: 0.23mg (1.5%), Fiber: 0.31g (1.24%), Vitamin C: 0.91mg (1.1%)