



Inside-Out Carrot Cake Cookies



Vegetarian



Popular

READY IN



45 min.

SERVINGS



13

CALORIES



293 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup coarsely carrots grated (2 medium)
- ☐ 1 teaspoon cinnamon
- ☐ 8 ounces cream cheese
- ☐ 1 large eggs
- ☐ 1.1 cups flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup honey

- ☐ 0.3 cup brown sugar light packed
- ☐ 2.5 ounces raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter unsalted softened
- ☐ 0.5 teaspoon vanilla
- ☐ 3 ounces scant cup walnuts chopped

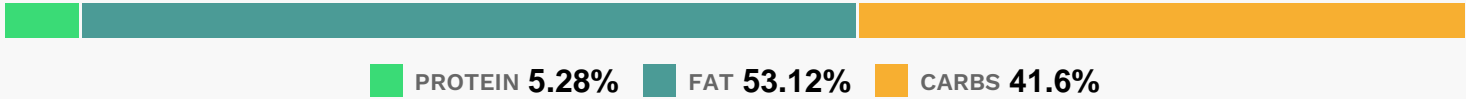
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 375°F. Butter 2 baking sheets.
- ☐ Whisk together flour, cinnamon, baking soda, and salt in a bowl.
- ☐ Beat together butter, sugars, egg, and vanilla in a bowl with an electric mixer at medium speed until pale and fluffy, about 2 minutes.
- ☐ Mix in carrots, nuts, and raisins at low speed, then add flour mixture and beat until just combined.
- ☐ Drop 1 1/2 tablespoons batter per cookie 2 inches apart on baking sheets and bake, switching position of sheets halfway through baking, until cookies are lightly browned and springy to the touch, 12 to 16 minutes total. Cool cookies on sheets on racks 1 minute, then transfer cookies to racks to cool completely.
- ☐ While cookies are baking, blend cream cheese and honey in a food processor until smooth.
- ☐ Sandwich flat sides of cookies together with a generous tablespoon of cream cheese filling in between.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:15.32, Inflammation Score:-8, Nutrition Score:6.9513044720111%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 293.32kcal (14.67%), Fat: 17.89g (27.53%), Saturated Fat: 8.56g (53.5%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 30.05g (10.93%), Sugar: 17.31g (19.23%), Cholesterol: 50.7mg (16.9%), Sodium: 203.32mg (8.84%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 4.01g (8.01%), Vitamin A: 2119.91IU (42.4%), Manganese: 0.37mg (18.28%), Selenium: 6.95µg (9.94%), Vitamin B2: 0.14mg (8.42%), Vitamin B1: 0.13mg (8.39%), Folate: 32.08µg (8.02%), Copper: 0.15mg (7.69%), Phosphorus: 70.83mg (7.08%), Fiber: 1.47g (5.89%), Iron: 1.03mg (5.75%), Magnesium: 18.49mg (4.62%), Potassium: 159.25mg (4.55%), Vitamin B3: 0.91mg (4.54%), Vitamin B6: 0.08mg (4.22%), Calcium: 40.72mg (4.07%), Vitamin E: 0.51mg (3.43%), Zinc: 0.48mg (3.17%), Vitamin B5: 0.29mg (2.94%), Vitamin K: 2.55µg (2.42%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.21µg (1.39%), Vitamin C: 1mg (1.21%)