



Maple-Glazed Apple Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



228 kcal

DESSERT

Ingredients

- 2 cups apples chopped
- 1 teaspoon baking soda
- 1 cup brown sugar
- 1 cup brown sugar
- 0.5 cup butter
- 1 teaspoon cinnamon
- 1 eggs
- 2 cups flour

- 0.3 teaspoon ground cloves
- 0.3 teaspoon peppermint flavoring
- 0.3 cup milk
- 0.3 teaspoon nutmeg
- 1 cup powdered sugar
- 1 teaspoon salt

Equipment

- bowl
- baking sheet
- oven
- whisk
- mixing bowl

Directions

- Preheat oven to 400 degrees F. Cream 1/2 cup butter and sugar together in a large mixing bowl until light in color, about 1-2 minutes.
- Add egg and 1/4 cup milk; stir to combine.
- Add remaining dry ingredients (except apple) and stir just until combined. Gently fold in the apples. Drop by heaping tablespoons onto a greased baking sheet.
- Bake at 400 for about 10-12 min or until tops don't look wet anymore. To make the glaze, whisk together 1 tablespoon melted butter, 1 cup powdered sugar, 1/4 tsp maple flavoring, and 3 tablespoons milk in a small bowl. When the cookies have cooled for a few minutes, drizzle each cookie with glaze.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:8.24, Inflammation Score:-2, Nutrition Score:3.1486956521739%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Taste

Sweetness: 100%, Saltiness: 5.2%, Sourness: 9.13%, Bitterness: 2.97%, Savoriness: 3.18%, Fattiness: 18.48%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 227.84kcal (11.39%), Fat: 5.63g (8.66%), Saturated Fat: 3.41g (21.34%), Carbohydrates: 43.45g (14.48%), Net Carbohydrates: 42.67g (15.52%), Sugar: 31.9g (35.44%), Cholesterol: 23.06mg (7.69%), Sodium: 242.78mg (10.56%), Protein: 1.98g (3.96%), Selenium: 5.93µg (8.47%), Manganese: 0.15mg (7.68%), Vitamin B1: 0.11mg (7.65%), Folate: 27.45µg (6.86%), Vitamin B2: 0.09mg (5.39%), Iron: 0.9mg (4.98%), Vitamin B3: 0.87mg (4.35%), Vitamin A: 184.17IU (3.68%), Calcium: 31.74mg (3.17%), Fiber: 0.78g (3.13%), Phosphorus: 27.44mg (2.74%), Potassium: 73.22mg (2.09%), Copper: 0.04mg (1.92%), Magnesium: 6.97mg (1.74%), Vitamin B5: 0.16mg (1.59%), Vitamin B6: 0.03mg (1.43%), Vitamin E: 0.21mg (1.41%), Zinc: 0.17mg (1.1%)