



Molasses Lover's Carrot-Raisin Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



88 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup soybean oil
- 1 cup carrots shredded
- 0.7 cup blackstrap molasses dark
- 1 eggs
- 4 teaspoons skim milk fat-free (skim)
- 1 cup ground flaxseed

- 1 cup flour all-purpose
- 0.5 cup golden raisins
- 1 cup powdered sugar
- 0.5 teaspoon vanilla
- 0.5 cup wheat germ

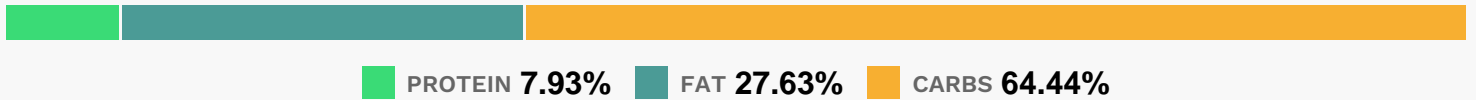
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 37
- Mix molasses, oil and egg in medium bowl. Stir in remaining ingredients. Drop dough by tablespoonfuls onto ungreased cookie sheet.
- Bake 6 to 9 minutes or just until set.
- Let stand 1 minute; remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- In small bowl, mix glaze ingredients until smooth. drizzle about 1/2 teaspoon over each cookie.

Nutrition Facts



Properties

Glycemic Index:10.55, Glycemic Load:4.99, Inflammation Score:-5, Nutrition Score:4.9739130268926%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 2.81g (4.32%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 13.05g (4.75%), Sugar: 9.4g (10.44%), Cholesterol: 4.56mg (1.52%), Sodium: 29.72mg (1.29%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.82g (3.63%), Manganese: 0.45mg (22.69%), Vitamin A: 601.72IU (12.03%), Magnesium: 38.47mg (9.62%), Vitamin B1: 0.14mg (9.07%), Selenium: 5.11µg (7.29%), Fiber: 1.7g (6.79%), Copper: 0.11mg (5.62%), Phosphorus: 55.46mg (5.55%), Potassium: 174.39mg (4.98%), Vitamin B6: 0.1mg (4.95%), Iron: 0.89mg (4.93%), Folate: 16.03µg (4.01%), Calcium: 32.23mg (3.22%), Zinc: 0.47mg (3.1%), Vitamin B3: 0.57mg (2.84%), Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.18mg (1.78%), Vitamin K: 1.86µg (1.77%)