



Old-Fashioned Spiced Fruit Cookies

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



177 kcal

DESSERT

Ingredients

- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when red cored unpeeled cut into wedges
- 1 medium cranberry-orange relish unpeeled cut into wedges
- 1 cup dates chopped
- 0.8 cup brown sugar packed
- 0.5 cup soybean oil
- 1 eggs
- 1 cup flour all-purpose
- 1 cup flour whole wheat

- 1 cup ground flaxseed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 0.3 teaspoon nutmeg
- 0.3 teaspoon ground cloves

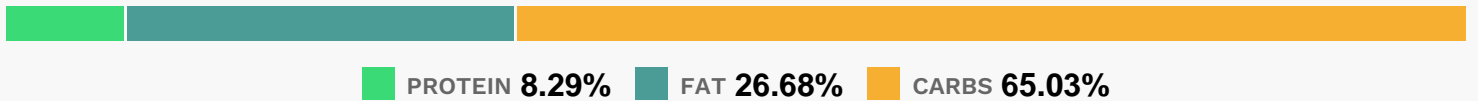
Equipment

- food processor
- bowl
- baking sheet
- oven
- blender

Directions

- Heat oven to 350°.
- Place apple, orange and dates in blender or food processor. Cover and blend or process until well blended.
- Mix brown sugar, oil and egg in large bowl. Stir in remaining ingredients and fruit mixture. Drop dough by tablespoonfuls onto ungreased cookie sheet.
- Bake 10 to 12 minutes or until light golden brown. Immediately remove from cookie sheet.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:7.39, Inflammation Score:-3, Nutrition Score:7.3760869023593%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 176.65kcal (8.83%), Fat: 5.5g (8.47%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 25.7g (9.35%), Sugar: 16.01g (17.78%), Cholesterol: 9.09mg (3.03%), Sodium: 102.43mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Manganese: 0.61mg (30.47%), Fiber: 4.47g (17.89%), Vitamin B1: 0.25mg (16.48%), Selenium: 9.88µg (14.11%), Magnesium: 51.56mg (12.89%), Phosphorus: 100.93mg (10.09%), Copper: 0.18mg (8.77%), Iron: 1.3mg (7.2%), Folate: 28.69µg (7.17%), Vitamin B3: 1.16mg (5.81%), Potassium: 197.89mg (5.65%), Vitamin C: 4.43mg (5.37%), Vitamin B6: 0.1mg (5.12%), Vitamin B2: 0.08mg (4.81%), Zinc: 0.68mg (4.52%), Calcium: 43.01mg (4.3%), Vitamin K: 3.28µg (3.13%), Vitamin B5: 0.28mg (2.81%), Vitamin E: 0.24mg (1.63%)