



## Orange Cookies II

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



87 kcal

DESSERT

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup carrots grated cooked
- ☐ 0.3 cup confectioners' sugar for decoration
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 0.5 juice of orange juiced
- ☐ 1 tablespoon orange zest
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup shortening
- ☐ 0.8 cup sugar white

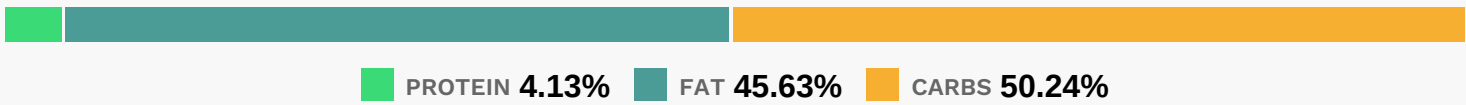
## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cook the grated carrots in enough water to cover. Boil until just soft and drain. Do not over cook!
- ☐ Cream the shortening and sugar together.
- ☐ Add the egg and mix well. Stir in the cooked carrots while still warm.
- ☐ Add the sifted flour, salt and baking soda and mix to combine.
- ☐ Drop by teaspoonfuls onto parchment paper lined baking sheets and bake at 375 degrees F (190 degrees C) for 12 minutes.
- ☐ Let cool then frost with Orange Icing.
- ☐ Add enough confectioners' sugar to the orange juice and orange zest to make a spreading consistency.
- ☐ Spread icing over cooled cookies and let dry.

## Nutrition Facts



## Properties

Glycemic Index:9.33, Glycemic Load:6.96, Inflammation Score:-4, Nutrition Score:2.0634782897389%

## Flavonoids

Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg 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: 87.26kcal (4.36%), Fat: 4.48g (6.89%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.79g (3.92%), Sugar: 5.51g (6.12%), Cholesterol: 4.55mg (1.52%), Sodium: 60.43mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin A: 602.96IU (12.06%), Selenium: 2.77µg (3.95%), Vitamin B1: 0.06mg (3.94%), Folate: 14.26µg (3.56%), Manganese: 0.05mg (2.66%), Vitamin K: 2.77µg (2.63%), Vitamin B2: 0.04mg (2.55%), Vitamin B3: 0.45mg (2.25%), Iron: 0.39mg (2.15%), Vitamin E: 0.3mg (2.02%), Calcium: 16.43mg (1.64%), Phosphorus: 16.21mg (1.62%), Fiber: 0.31g (1.23%), Vitamin C: 0.85mg (1.03%)