



Pumpkin Cookies III

 Dairy Free

READY IN



30 min.

SERVINGS



36

CALORIES



118 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup pumpkin canned
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt

- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

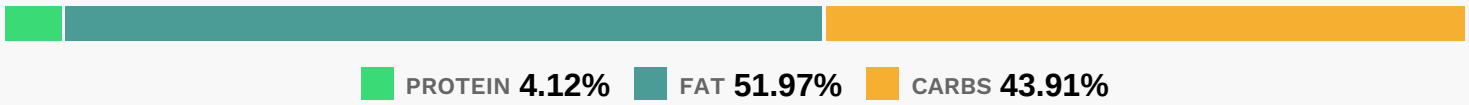
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together sugar, egg, shortening, and vanilla. Sift together flour, baking soda, baking powder, salt, and cinnamon; stir into the creamed mixture. Stir in the pumpkin, raisins, and walnuts. Drop dough by teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake 10–15 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:8.61, Inflammation Score:-6, Nutrition Score:3.1052173674107%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 118.17kcal (5.91%), Fat: 6.99g (10.75%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 12.62g (4.59%), Sugar: 5.85g (6.5%), Cholesterol: 4.55mg (1.52%), Sodium: 109.88mg (4.78%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.25g (2.49%), Vitamin A: 1066.24IU (21.32%), Manganese: 0.13mg (6.45%), Vitamin B1: 0.07mg (4.37%), Selenium: 2.88µg (4.12%), Vitamin K: 4.2µg (4%), Folate: 15.76µg (3.94%), Iron: 0.56mg (3.12%), Vitamin E: 0.45mg (3.01%), Vitamin B2: 0.05mg (2.99%), Fiber: 0.66g (2.64%), Copper: 0.05mg (2.54%), Vitamin B3: 0.48mg (2.39%), Phosphorus: 21.91mg (2.19%), Magnesium: 6.49mg (1.62%), Potassium: 47.47mg (1.36%), Calcium: 12.9mg (1.29%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.08%)