



Pumpkin Raisin Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2.5 teaspoons pumpkin pie spice
- ☐ 1 cup raisins

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup solid pack pumpkin puree
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 2 tablespoons warm water

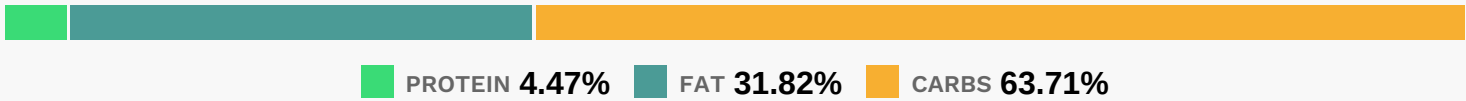
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream the shortening and sugar until smooth.
- ☐ Add the egg, and vanilla; mix until fluffy. Stir in the pumpkin. Sift together the flour, baking soda, salt, pumpkin pie spice, and cinnamon; stir into the pumpkin mixture. Finally, stir in the raisins and walnuts.
- ☐ Drop cookie dough by heaping spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven, cookies should be light brown around the edges.
- ☐ Brush with the spice glaze, and transfer to racks to cool.
- ☐ To make the spice glaze, mix confectioners' sugar with 2 tablespoons of warm water until there are no more lumps. Stir in the 1/2 teaspoon of cinnamon. If the glaze is too thick, add a little more water.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:5.55, Inflammation Score:-6, Nutrition Score:3.2121739115404%

Flavonoids

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

Nutrients (% of daily need)

Calories: 114.11kcal (5.71%), Fat: 4.15g (6.38%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 17.89g (6.51%), Sugar: 9.5g (10.56%), Cholesterol: 4.55mg (1.52%), Sodium: 51.94mg (2.26%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Protein: 1.31g (2.62%), Vitamin A: 1066.52IU (21.33%), Manganese: 0.16mg (7.76%), Vitamin B1: 0.07mg (4.5%), Selenium: 2.97µg (4.24%), Folate: 15.91µg (3.98%), Iron: 0.67mg (3.71%), Fiber: 0.8g (3.21%), Vitamin B2: 0.05mg (3.19%), Copper: 0.06mg (3.01%), Vitamin K: 2.72µg (2.59%), Vitamin B3: 0.51mg (2.55%), Phosphorus: 21.38mg (2.14%), Potassium: 72.93mg (2.08%), Magnesium: 7.79mg (1.95%), Vitamin E: 0.28mg (1.86%), Vitamin B6: 0.03mg (1.42%), Calcium: 12.62mg (1.26%), Vitamin B5: 0.12mg (1.15%)