



Pumpkin Spice Cookie

 Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



100 kcal

DESSERT

Ingredients

- 15 ounce pumpkin puree canned
- 18.3 ounce spice cake mix

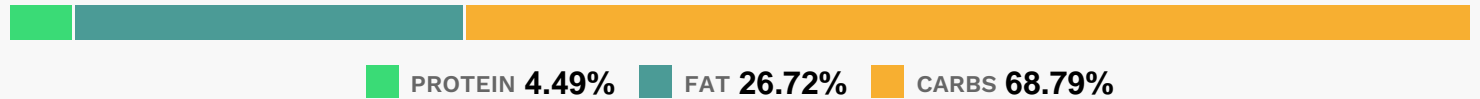
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, stir together the cake mix and pumpkin until well blended. Drop by rounded spoonfuls onto the prepared cookie sheet.
- Bake for 18 to 20 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:5.0052173811456%

Nutrients (% of daily need)

Calories: 100.23kcal (5.01%), Fat: 3.02g (4.65%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 16.64g (6.05%), Sugar: 10.63g (11.82%), Cholesterol: 0mg (0%), Sodium: 142.52mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin A: 2758.17IU (55.16%), Manganese: 0.15mg (7.31%), Iron: 1.26mg (7%), Phosphorus: 54.92mg (5.49%), Vitamin B1: 0.08mg (5.17%), Vitamin K: 4.21µg (4.01%), Vitamin B2: 0.06mg (3.61%), Copper: 0.07mg (3.6%), Fiber: 0.88g (3.52%), Folate: 13.12µg (3.28%), Potassium: 110.01mg (3.14%), Vitamin B3: 0.61mg (3.07%), Calcium: 24.87mg (2.49%), Magnesium: 8.6mg (2.15%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.12mg (1.22%)