

Rhubarb Drop Cookies

 Vegetarian

READY IN



95 min.

SERVINGS



36

CALORIES



72 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter
- 1 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 cup rhubarb chopped

- 0.5 teaspoon salt
- 1 cup granulated sugar white

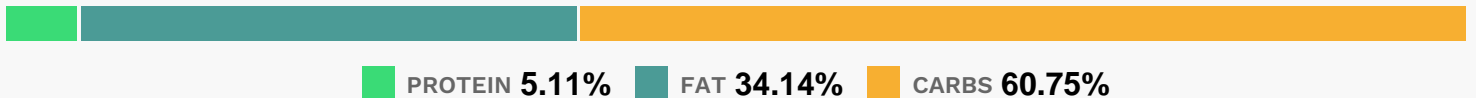
Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Combine flour, baking soda, baking powder, cinnamon, cloves, and salt in a bowl. Set aside.
- Beat the butter and sugar with an electric mixer in a large bowl until smooth. Beat the egg into the butter until completely blended, then stir in the rhubarb.
- Mix in the flour mixture until just incorporated. Fold in the raisins, nuts, and flax seeds; mixing just enough to evenly combine. Drop spoonfuls of the dough 2 inches apart onto ungreased baking sheets.
- Bake in the preheated oven until lightly browned, 12 to 15 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:7.75, Inflammation Score:-1, Nutrition Score:1.4504347923009%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 72kcal (3.6%), Fat: 2.77g (4.26%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.8g (3.93%), Sugar: 5.61g (6.23%), Cholesterol: 11.33mg (3.78%), Sodium: 96.9mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Selenium: 2.84µg (4.05%), Manganese: 0.08mg (4.05%), Vitamin B1: 0.06mg (3.73%), Folate: 13.62µg (3.41%), Vitamin B2: 0.04mg (2.54%), Vitamin B3: 0.42mg (2.12%), Iron: 0.37mg (2.08%), Vitamin A: 89.05IU (1.78%), Phosphorus: 13.65mg (1.37%), Calcium: 12.73mg (1.27%), Vitamin K: 1.29µg (1.23%), Fiber: 0.29g (1.15%)