

Spiced Apple Drop Cookies



Dairy Free

READY IN

ready

43 min.

SERVINGS

servings

42

CALORIES

calories

93 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter flavor all-vegetable shortening sticks crisco®
- ☐ 1 large eggs
- ☐ 1 cup apples i use 2 granny smith apples shredded peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup reduced sugar vanilla frosting pillsbury®
- ☐ 1 cup walnuts chopped

☐ 18.3 ounce reduced sugar cake mix yellow pillsbury®

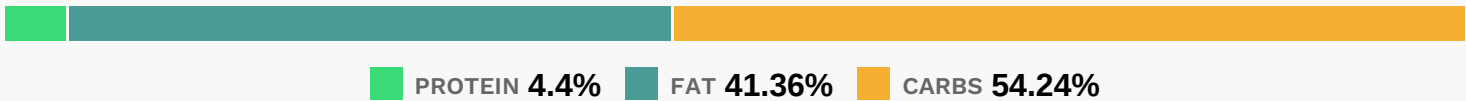
Equipment

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

Directions

- ☐ Heat oven to 375 degrees F. Spray cookie sheets with no-stick cooking spray.
- ☐ Combine cake mix and shortening in a medium bowl with an electric mixer at medium speed until a coarse meal forms.
- ☐ Sprinkle spices over mixture.
- ☐ Add apple, walnuts and egg, mixing on low speed until a smooth dough forms. Drop tablespoonsfuls of dough 2 inches apart on prepared cookie sheets.
- ☐ Bake 11 to 13 minutes or until edges are light golden brown. Cool for 1 minute.
- ☐ Remove to cooling rack.
- ☐ Place frosting and 1/4 teaspoon cinnamon into the corner of a 1-quart resealable food storage bag. Knead to combine. Seal bag. Microwave 5 seconds on HIGH (100% power). Snip small edge off bag corner. Squeeze bag to drizzle cooled cookies with frosting.
- ☐ Sprinkle with additional ground cinnamon.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.849999986265%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 92.56kcal (4.63%), Fat: 4.34g (6.68%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.39g (4.51%), Sugar: 7.42g (8.24%), Cholesterol: 4.43mg (1.48%), Sodium: 96.49mg (4.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Manganese: 0.13mg (6.68%), Phosphorus: 51.05mg (5.1%), Folate: 11.98µg (2.99%), Calcium: 29.85mg (2.98%), Vitamin B2: 0.05mg (2.77%), Copper: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.64%), Iron: 0.37mg (2.08%), Vitamin E: 0.29mg (1.95%), Fiber: 0.42g (1.67%), Vitamin K: 1.73µg (1.65%), Vitamin B3: 0.33mg (1.64%), Magnesium: 6.03mg (1.51%), Vitamin B6: 0.03mg (1.39%), Selenium: 0.89µg (1.27%)