



Sugar Free Spice Cookie

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



44 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 0.5 teaspoon ground nutmeg
- 2 teaspoons liquid artificial sweetener
- 1 cup raisins

- 0.5 teaspoon salt
- 0.3 cup shortening
- 2 tablespoons water

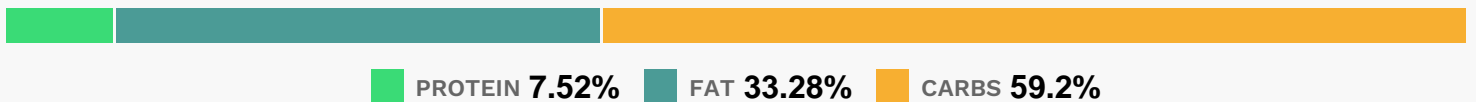
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet.
- In a small saucepan, bring the 1 1/4 cup of water, raisins, shortening, cinnamon, and nutmeg to a boil.
- Remove from heat, beat in eggs, one at a time. Dissolve salt, soda, and liquid sweetener into the remaining 2 tablespoons of water; add alternately to the egg mixture, with the flour and baking powder.
- Drop cookies by teaspoonfuls onto the prepared cookie sheet.
- Bake for 8 to 10 minutes in the preheated oven. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:4.3, Inflammation Score:-1, Nutrition Score:1.2373913040628%

Nutrients (% of daily need)

Calories: 44.35kcal (2.22%), Fat: 1.67g (2.58%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.3g (2.29%), Sugar: 0.27g (0.3%), Cholesterol: 6.82mg (2.27%), Sodium: 59.52mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Selenium: 2.35µg (3.36%), Vitamin B1: 0.05mg (3.03%), Manganese: 0.06mg (2.98%), Folate: 10.51µg (2.63%), Vitamin B2: 0.04mg (2.34%), Iron: 0.37mg (2.06%), Vitamin B3: 0.34mg (1.72%), Fiber: 0.4g (1.58%), Phosphorus: 13.46mg (1.35%)