



Vegan Lemon Cookies

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

Ingredients

- 0.3 cup applesauce mixed with ½ teaspoon baking powder (used as egg replacement)
- 0.5 teaspoon baking soda
- 1.5 cups flour
- 0.5 juice of lemon
- 0.5 lemon zest (more if you prefer)
- 1 tablespoon maple syrup
- 0.5 cup cooking oil
- 0.5 teaspoon salt

- 8 servings extra sugar to coat cookies prior to baking
- 0.5 cup sugar raw (also called sugar)

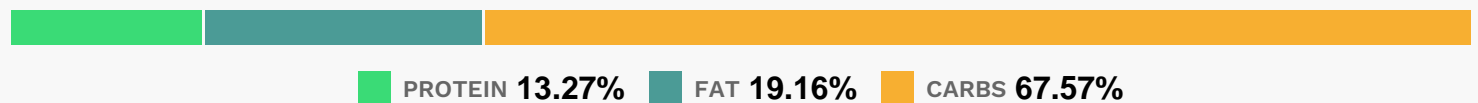
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F. In a large bowl, mix the dry ingredients together and sift. In a small bowl, mix the applesauce and baking powder together.
- Mix the remaining wet ingredients together in a medium-sized bowl and add the applesauce mixture to it. Stir well. Stir the wet ingredients into the dry ingredients, a little at a time until combined. Form the dough into a large ball.
- Add about 1/4 cup sugar (add more as needed) into a shallow bowl. Form small balls from the dough, about 1-1/2-inch in diameter.
- Roll the cookies in the sugar to coat.
- Place cookies on an ungreased cookie sheet and flatten them a little with your fingers.
- Bake for 7-9 minutes.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:13.55, Inflammation Score:-2, Nutrition Score:6.0013043478261%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 91.66%, Saltiness: 22.1%, Sourness: 15.1%, Bitterness: 10.28%, Savoriness: 11.74%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 206.77kcal (10.34%), Fat: 4.36g (6.7%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 33.8g (12.29%), Sugar: 15.73g (17.48%), Cholesterol: 44.87mg (14.96%), Sodium: 277.6mg (12.07%), Protein: 6.79g (13.57%), Selenium: 17.97µg (25.67%), Vitamin B2: 0.29mg (16.83%), Vitamin B1: 0.2mg (13.6%), Folate: 53.12µg (13.28%), Manganese: 0.23mg (11.5%), Iron: 1.44mg (7.99%), Vitamin B3: 1.43mg (7.17%), Phosphorus: 63.13mg (6.31%), Vitamin B12: 0.28µg (4.6%), Vitamin E: 0.61mg (4.04%), Vitamin B5: 0.37mg (3.72%), Calcium: 34.02mg (3.4%), Fiber: 0.75g (2.98%), Magnesium: 11.2mg (2.8%), Potassium: 95.25mg (2.72%), Copper: 0.05mg (2.59%), Zinc: 0.33mg (2.2%), Vitamin K: 2.1µg (2%), Vitamin A: 96.78IU (1.94%), Vitamin C: 1.27mg (1.54%), Vitamin B6: 0.02mg (1.15%)