



Wannabe-Pumpkin Carrot Cookies



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



132 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup carrots cooked mashed
- ☐ 0.5 cup dairy-free margarine (Earth Balance also has two dairy-free & soy-free varieties)
- ☐ 15 servings dairy-free chocolate chips mini
- ☐ 1 eggs for optional egg-free (see notes above)
- ☐ 0.3 teaspoon lemon extract
- ☐ 2 tablespoons orange juice
- ☐ 1 cup confectioners / powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup pastry flour gluten-free whole wheat all-purpose for optional (see notes above)

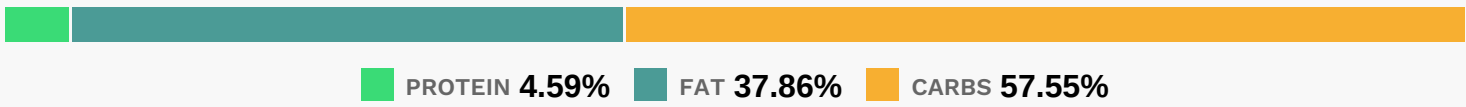
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ For the cookies, preheat your oven to 350°F, and line a cookie sheet with a silicone baking mat or parchment paper.Cream the margarine and sugar in a mixing bowl.Blend in the egg, carrots, and extracts.
- ☐ Add the flour, baking powder and salt, and mix just until blended.Drop the dough onto your prepared cookie sheet, and bake for 12 to 15 minutes.For the topping, whisk together the sugar and orange juice in a small bowl.
- ☐ Let the cookies cool, then drizzle with the orange icing and adorn with chocolate chips.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:3.43, Inflammation Score:-6, Nutrition Score:4.2160869707232%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 131.87kcal (6.59%), Fat: 5.71g (8.79%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 19.54g (6.51%), Net Carbohydrates: 18.49g (6.72%), Sugar: 13.18g (14.65%), Cholesterol: 10.91mg (3.64%), Sodium: 123.2mg (5.36%), Alcohol: 0.05g (100%), Alcohol %: 0.15% (100%), Protein: 1.56g (3.12%), Vitamin A: 1021.58IU (20.43%), Manganese: 0.33mg (16.68%), Vitamin E: 1.57mg (10.49%), Selenium: 5.93µg (8.47%), Vitamin K: 4.91µg (4.67%), Phosphorus: 42.4mg (4.24%), Fiber: 1.05g (4.19%), Vitamin B1: 0.05mg (3.08%), Magnesium: 12.16mg (3.04%), Iron: 0.47mg (2.59%), Calcium: 23.15mg (2.32%), Vitamin B3: 0.45mg (2.25%), Vitamin B6: 0.04mg (2.22%), Copper: 0.04mg (1.94%), Vitamin B2: 0.03mg (1.9%), Zinc: 0.26mg (1.72%), Vitamin C: 1.39mg (1.68%), Folate: 6.39µg (1.6%), Potassium: 53.89mg (1.54%), Vitamin B5: 0.11mg (1.09%)