



Zucchini Nut Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 cup raisins

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white
- ☐ 1 cup zucchini grated

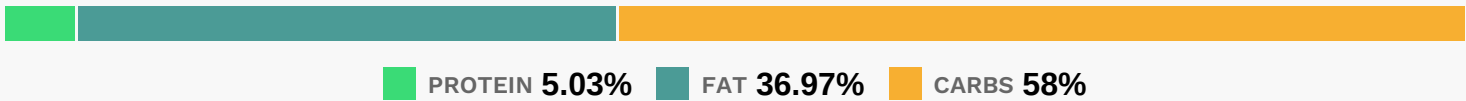
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease cookie sheets.
- ☐ Cream together shortening, brown sugar, and white sugar until smooth. Beat in egg.
- ☐ Combine the flour, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the creamed mixture.
- ☐ Mix in zucchini, raisins, and walnuts. Drop by rounded tablespoons onto the prepared baking sheets.
- ☐ Bake 15 minutes in the preheated oven, or until lightly browned. Cool on the cookie sheets for a few minutes before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:2.098260845827%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 98kcal (4.9%), Fat: 4.15g (6.38%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 13.99g (5.09%), Sugar: 5.9g (6.55%), Cholesterol: 4.55mg (1.52%), Sodium: 50.94mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.15mg (7.47%), Vitamin B1: 0.07mg (4.49%), Selenium: 2.9µg (4.14%), Folate: 15.88µg (3.97%), Vitamin B2: 0.05mg (3.15%), Iron: 0.54mg (3.01%), Copper: 0.05mg (2.65%), Fiber: 0.65g (2.6%), Vitamin B3: 0.49mg (2.47%), Phosphorus: 20.12mg (2.01%), Potassium: 63.25mg (1.81%), Vitamin K: 1.79µg (1.7%), Magnesium: 6.5mg (1.63%), Vitamin B6: 0.03mg (1.43%), Vitamin E: 0.21mg (1.41%), Vitamin C: 0.86mg (1.04%)