

Apricot-Nut Drop Cookies

 Vegetarian

READY IN



20 min.

SERVINGS



27

CALORIES



162 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1.3 cups brown sugar packed
- 0.8 cup butter flavor shortening
- 1 cup apricot dried chopped
- 1 eggs
- 1.8 cups flour all-purpose
- 2 tablespoons milk

- 1 cup pecans chopped
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

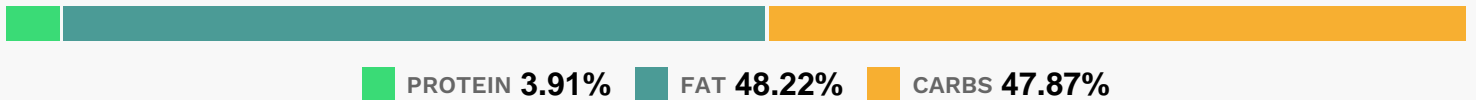
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream shortening and brown sugar. Beat in egg, milk and vanilla.
- Combine dry ingredients; gradually add to creamed mixture. Stir in apricots and pecans.
- Drop by rounded tablespoonfuls 3 in. apart onto ungreased baking sheets.
- Bake at 375° for 10–13 minutes or until light golden brown. Cool for 2 minutes; remove to wire racks.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:5.44, Inflammation Score:-2, Nutrition Score:3.266521724022%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 161.54kcal (8.08%), Fat: 8.9g (13.69%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 18.91g (6.88%), Sugar: 12.71g (14.12%), Cholesterol: 6.2mg (2.07%), Sodium: 95.64mg (4.16%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 1.62g (3.25%), Manganese: 0.26mg (12.79%), Vitamin B1:

0.09mg (6.23%), Selenium: 3.65µg (5.21%), Folate: 17.06µg (4.27%), Vitamin E: 0.64mg (4.24%), Copper: 0.08mg (4.14%), Iron: 0.73mg (4.04%), Fiber: 0.96g (3.83%), Vitamin A: 186.39IU (3.73%), Vitamin B2: 0.06mg (3.41%), Vitamin B3: 0.66mg (3.32%), Vitamin K: 3.35µg (3.19%), Phosphorus: 31.36mg (3.14%), Potassium: 98.79mg (2.82%), Calcium: 26.23mg (2.62%), Magnesium: 9.51mg (2.38%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.18mg (1.77%), Vitamin B6: 0.03mg (1.33%)