



Beatrice Savitz's Apricot Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



209 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter
- 8 ounces apricot dried
- 1 cup flour all-purpose
- 2 tablespoons juice of lemon
- 1 cup rolled oats
- 16 servings water to cover
- 0.5 cup granulated sugar white

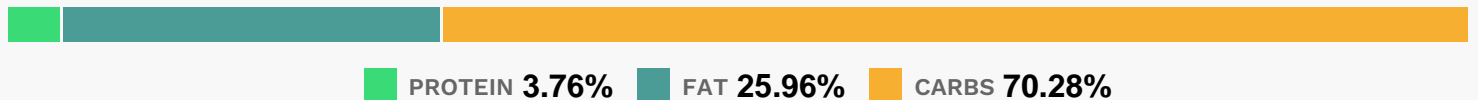
Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Place apricots, lemon juice, white sugar in a small saucepan.
- Add enough water to just cover the apricots. Bring to a boil, and cook until fruit is soft. Chop coarsely.
- Sift flour, oatmeal and brown sugar together. Melt butter or margarine over low heat and stir into flour mixture. Put 2/3 of this mixture into 8 x 8 inch greased pan.
- Spread apricot mixture over crust.
- Sprinkle remaining oatmeal mixture over apricots.
- Bake for about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:12.46, Inflammation Score:-5, Nutrition Score:4.4943478554487%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, 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

Nutrients (% of daily need)

Calories: 209.39kcal (10.47%), Fat: 6.26g (9.63%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 36.35g (13.22%), Sugar: 27.27g (30.3%), Cholesterol: 15.25mg (5.08%), Sodium: 63.25mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.28mg (13.99%), Vitamin A: 688.24IU (13.76%), Fiber: 1.76g (7.05%), Selenium: 4.7µg (6.71%), Copper: 0.12mg (6.24%), Potassium: 213.18mg

(6.09%), Iron: 1.06mg (5.88%), Vitamin B1: 0.09mg (5.84%), Vitamin E: 0.81mg (5.38%), Vitamin B3: 0.9mg (4.52%), Folate: 18.06µg (4.52%), Magnesium: 17.11mg (4.28%), Phosphorus: 41.68mg (4.17%), Vitamin B2: 0.06mg (3.58%), Calcium: 31.99mg (3.2%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.19mg (1.93%), Vitamin B6: 0.04mg (1.77%), Vitamin C: 0.87mg (1.05%), Vitamin K: 1.06µg (1.01%)