

Better Than Fruitcake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



73 kcal

DESSERT

Ingredients

- 0.3 cup brown sugar packed
- 0.7 cup candied cherries chopped
- 3 cups figs dried chopped
- 2 tablespoons cooking sherry dry
- 1 eggs
- 2.7 cups flour all-purpose
- 0.5 teaspoon ground cloves
- 1 tablespoon honey

- 1 tablespoon juice of lemon
- 0.7 cup raisins
- 0.3 teaspoon salt
- 0.5 cup super sugar fine
- 1 cup butter unsalted softened
- 2.5 cups walnuts chopped

Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- In a large bowl, combine fruits, honey, sherry, lemon juice, salt and walnuts. Cover and marinate overnight.
- Cream together with butter, brown sugar and white sugar until smooth.
- Add egg and mix well.
- Combine the flour, salt and cloves; gradually blend into the butter mixture. Blend in the fruit and nut mixture
- Lightly flour work surface and divide dough into 2 equal portions.
- Roll into logs and wrap in plastic wrap or waxed paper.
- Place dough in freezer for at least an hour.
- Preheat oven to 350 degrees F (175 degrees C).
- Cut logs into thin rounds and place on cookie sheet spaced at least 1 inch apart.
- Bake 10 to 13 minutes in the preheated oven, or until golden brown.

Nutrition Facts



PROTEIN 5.45% **FAT 45.68%** **CARBS 48.87%**

Properties

Glycemic Index:3.22, Glycemic Load:3.83, Inflammation Score:-1, Nutrition Score:1.7486956624881%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 73.25kcal (3.66%), Fat: 3.88g (5.97%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.53g (3.1%), Sugar: 4.65g (5.16%), Cholesterol: 6.52mg (2.17%), Sodium: 7.8mg (0.34%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Protein: 1.04g (2.08%), Manganese: 0.16mg (7.76%), Copper: 0.07mg (3.42%), Fiber: 0.8g (3.22%), Vitamin B1: 0.04mg (2.76%), Folate: 9.72µg (2.43%), Magnesium: 8.92mg (2.23%), Selenium: 1.48µg (2.12%), Iron: 0.37mg (2.07%), Phosphorus: 18.97mg (1.9%), Vitamin B2: 0.03mg (1.73%), Potassium: 57.56mg (1.64%), Vitamin B3: 0.27mg (1.35%), Vitamin B6: 0.03mg (1.26%), Calcium: 12.4mg (1.24%), Vitamin A: 60.16IU (1.2%), Zinc: 0.15mg (1.03%)