



Bette's Pineapple Cookies

 Dairy Free

READY IN



50 min.

SERVINGS



60

CALORIES



92 kcal

DESSERT

Ingredients

- 0.8 teaspoon baking soda
- 3 eggs beaten
- 4 cups flour all-purpose
- 1 tablespoon lemon extract
- 1 cup pineapple crushed drained
- 0.8 teaspoon salt
- 1 cup vegetable shortening butter flavor crisco® (such as)
- 2 cups sugar white

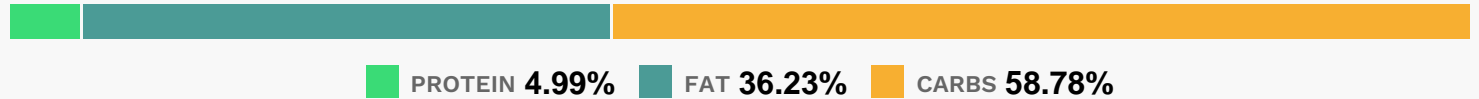
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Sift flour, baking soda, and salt together in a bowl.
- Beat sugar, crushed pineapple, shortening, eggs, and lemon extract together in a bowl until thoroughly mixed.
- Add flour mixture to pineapple mixture; stir until just combined. Drop dough by teaspoonfuls 2 inches apart onto baking sheets.
- Bake in batches in the preheated oven until tops are lightly browned, 12 to 15 minutes per batch.
- Transfer to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:9.25, Inflammation Score:-1, Nutrition Score:1.5908695705559%

Nutrients (% of daily need)

Calories: 91.72kcal (4.59%), Fat: 3.73g (5.74%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 13.35g (4.86%), Sugar: 7.25g (8.05%), Cholesterol: 8.18mg (2.73%), Sodium: 46.28mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Selenium: 3.56µg (5.08%), Vitamin B1: 0.07mg (4.73%), Folate: 16.48µg (4.12%), Vitamin B2: 0.05mg (3.14%), Manganese: 0.06mg (2.89%), Vitamin B3: 0.5mg (2.52%), Iron: 0.44mg (2.46%), Vitamin K: 1.88µg (1.79%), Vitamin E: 0.24mg (1.59%), Phosphorus: 13.63mg (1.36%), Fiber: 0.28g (1.11%)