



Blue Ribbon Fruit Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



113 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups brown sugar packed
- ☐ 0.8 cup butter
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup candied pineapple
- ☐ 1 cup raisins

- ☐ 1 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 cup walnuts chopped

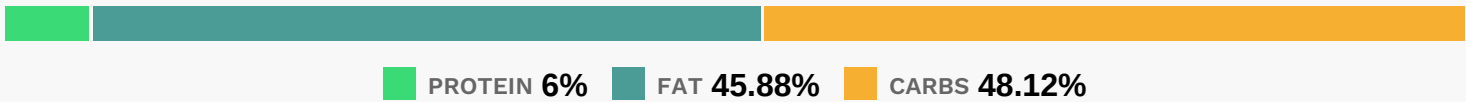
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ double boiler

Directions

- ☐ Combine melted butter and brown sugar in large mixer bowl; blend well.
- ☐ Add eggs; beat well.
- ☐ Melt chocolate in top of a double boiler over hot (not boiling) water; add to egg-sugar mixture.
- ☐ In a separate bowl, combine flour, baking powder, salt and cinnamon; gradually add to chocolate mixture. Stir in candied pineapple, raisins and nuts.
- ☐ Drop by teaspoonfuls onto lightly greased cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 8-10 minutes or until almost set. Cool slightly on cookie sheet.
- ☐ Remove from cookie sheet; cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:7.49, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:3.0526087154513%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 113.48kcal (5.67%), Fat: 6.12g (9.42%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 13.51g (4.91%), Sugar: 6.95g (7.73%), Cholesterol: 21.27mg (7.09%), Sodium: 97.64mg (4.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Manganese: 0.25mg (12.52%), Copper: 0.14mg (6.98%), Iron: 0.94mg (5.23%), Selenium: 3.34µg (4.77%), Vitamin B1: 0.06mg (3.94%), Phosphorus: 37.96mg (3.8%), Magnesium: 15.02mg (3.76%), Fiber: 0.94g (3.75%), Folate: 14.88µg (3.72%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.4mg (2.67%), Calcium: 25.27mg (2.53%), Potassium: 77.91mg (2.23%), Vitamin A: 109.98IU (2.2%), Vitamin B3: 0.42mg (2.11%), Vitamin B6: 0.03mg (1.64%), Vitamin C: 1.02mg (1.23%), Vitamin B5: 0.12mg (1.15%), Vitamin E: 0.15mg (1.01%)