



Candied Christmas Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



119 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon bourbon
- ☐ 1 cup brown sugar
- ☐ 0.5 cup butter softened
- ☐ 3 cups candied cherries
- ☐ 3 cups dates pitted chopped
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose

- ☐ 1 tablespoon milk
- ☐ 2 tablespoons orange juice
- ☐ 4 cups pecans chopped

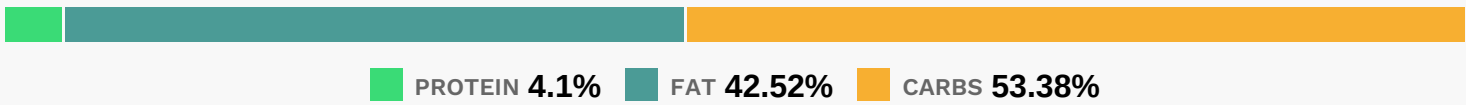
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F. Grease cookie sheets.
- ☐ In large mixing bowl, cream together eggs, butter and brown sugar.
- ☐ Mix baking soda with the milk and add to mixture. Stir in orange juice and bourbon. In a small bowl, lightly toss candied fruits with a small amount of flour until fruits separate easily.
- ☐ Add to mixture.
- ☐ Add flour, dates and pecans. Stir until well blended. Drop by teaspoons about 2 inches apart onto cookie sheet.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:4.11, Inflammation Score:-1, Nutrition Score:2.5495651902064%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg,

Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,
Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin:
0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.06mg,
Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 119.19kcal (5.96%), Fat: 5.84g (8.99%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 16.5g (5.5%), Net
Carbohydrates: 15.27g (5.55%), Sugar: 10.45g (11.61%), Cholesterol: 7.96mg (2.65%), Sodium: 28.21mg (1.23%),
Alcohol: 0.07g (100%), Alcohol %: 0.3% (100%), Protein: 1.27g (2.53%), Manganese: 0.31mg (15.73%), Fiber: 1.23g
(4.92%), Vitamin B1: 0.07mg (4.77%), Copper: 0.09mg (4.64%), Selenium: 2.02µg (2.89%), Magnesium: 11.26mg
(2.81%), Phosphorus: 27.54mg (2.75%), Folate: 9.64µg (2.41%), Iron: 0.42mg (2.34%), Zinc: 0.34mg (2.24%),
Potassium: 76.11mg (2.17%), Vitamin B2: 0.04mg (2.1%), Vitamin B3: 0.36mg (1.8%), Vitamin B6: 0.03mg (1.4%),
Vitamin B5: 0.13mg (1.3%), Calcium: 11.06mg (1.11%), Vitamin A: 51.28IU (1.03%)