



Children's Delight Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



201 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 6 eggs
- 8 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 3 cups raisins
- 1 teaspoon salt
- 2 cups shortening

- 2 teaspoons vanilla extract
- 2 cups water
- 4 cups granulated sugar white

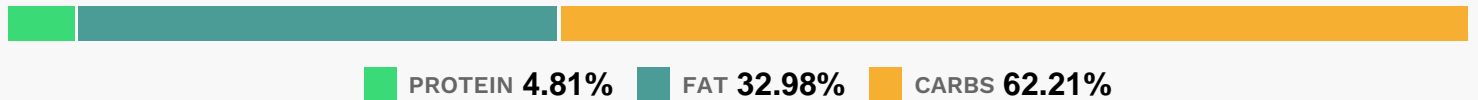
Equipment

- baking sheet
- oven

Directions

- Boil water and raisins together for 5 minutes. Set aside.
- Cream sugar, shortening, eggs and vanilla until light.
- Pour in the warm raisin mixture, combining well. Stir in dry ingredients that have been combined and blend well.
- Drop by tablespoonful on a lightly oiled cookie sheet.
- Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:5.01, Glycemic Load:21.6, Inflammation Score:-1, Nutrition Score:3.5921739236168%

Nutrients (% of daily need)

Calories: 200.78kcal (10.04%), Fat: 7.5g (11.54%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 30.85g (11.22%), Sugar: 13.39g (14.87%), Cholesterol: 16.37mg (5.46%), Sodium: 98.8mg (4.3%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 2.46g (4.92%), Selenium: 7.13µg (10.18%), Vitamin B1: 0.14mg (9.47%), Folate: 32.79µg (8.2%), Manganese: 0.15mg (7.34%), Vitamin B2: 0.12mg (6.96%), Iron: 1.07mg (5.95%), Vitamin B3: 1.07mg (5.35%), Fiber: 0.98g (3.91%), Vitamin K: 3.72µg (3.54%), Phosphorus: 35.12mg (3.51%), Vitamin E: 0.48mg (3.18%), Copper: 0.05mg (2.58%), Potassium: 84.5mg (2.41%), Vitamin B5: 0.19mg (1.9%), Magnesium: 6.54mg (1.64%), Calcium: 15.97mg (1.6%), Vitamin B6: 0.03mg (1.43%), Zinc: 0.19mg (1.27%)