



Christmas Cookies II

 Vegetarian

READY IN



30 min.

SERVINGS



75

CALORIES



126 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups brown sugar
- 0.5 cup butter softened
- 0.5 pound candied cherries
- 0.5 pound candied cherries red
- 0.5 cup dates pitted chopped
- 3 egg whites

- 3 egg yolk
- 1.5 cups flour all-purpose
- 1 pound golden raisins
- 0.3 cup grape juice
- 4 cups pecans chopped
- 1 teaspoon vanilla extract

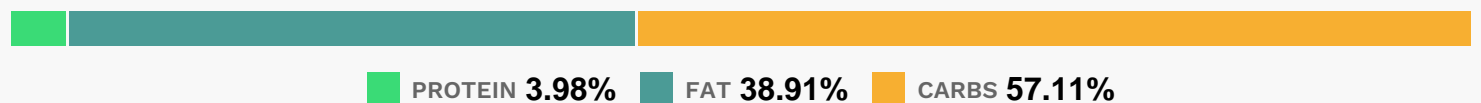
Equipment

- bowl
- baking sheet
- oven
- ice cream scoop

Directions

- In a medium bowl, combine the golden raisins, dates, red and green candied cherries, pecans and grape juice. Set aside to soak. Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the butter, brown sugar, vanilla, and egg yolks until light and fluffy.
- Combine the flour, baking soda and baking powder; stir into the creamed mixture.
- Mix in the dried fruit mixture. Beat egg whites to stiff peaks; fold into the dough. Scoop cookies with a small ice cream scoop onto prepared cookie sheets. Pat down slightly.
- Bake for 10 to 15 minutes in the preheated oven.
- Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.48, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:2.5334782846596%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 125.82kcal (6.29%), Fat: 5.68g (8.74%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.76g (6.46%), Sugar: 13.08g (14.54%), Cholesterol: 11.03mg (3.68%), Sodium: 27.5mg (1.2%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.31g (2.61%), Manganese: 0.31mg (15.31%), Copper: 0.1mg (5.06%), Vitamin B1: 0.06mg (4.04%), Fiber: 1g (4.01%), Phosphorus: 31.24mg (3.12%), Magnesium: 10.95mg (2.74%), Selenium: 1.87µg (2.67%), Potassium: 89.93mg (2.57%), Iron: 0.45mg (2.51%), Vitamin B2: 0.04mg (2.46%), Zinc: 0.32mg (2.16%), Vitamin B6: 0.04mg (1.99%), Folate: 7.42µg (1.86%), Calcium: 17.51mg (1.75%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.11mg (1.09%), Vitamin A: 51.62IU (1.03%)