



## Christmas Fruit Drop Cookies

READY IN



160 min.

SERVINGS



96

CALORIES



86 kcal

DESSERT

### Ingredients

- 2 cups brown sugar packed
- 1 cup shortening
- 0.5 cup buttermilk
- 2 eggs
- 3.5 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups candied cherries cut in half
- 2 cups dates chopped

1.5 cups pecans chopped

1 halves pecans

## Equipment

bowl

baking sheet

oven

wire rack

hand mixer

## Directions

In large bowl, beat brown sugar, shortening, buttermilk and eggs with electric mixer on medium speed until blended, or mix with spoon. Gradually stir in flour, baking soda and salt. Stir in cherries, dates and chopped pecans. Cover and refrigerate 1 hour.

Heat oven to 375°F. Grease cookie sheet. Drop dough by rounded teaspoonfuls about 2 inches apart onto cookie sheet.

Place a pecan half on each cookie.

Bake 8 to 10 minutes or until almost no indentation remains when touched lightly. Immediately remove from cookie sheet to wire rack.

## Nutrition Facts



## Properties

Glycemic Index:1.85, Glycemic Load:3.61, Inflammation Score:-1, Nutrition Score:1.5099999927308%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 86.45kcal (4.32%), Fat: 3.57g (5.49%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 12.69g (4.61%), Sugar: 8.18g (9.09%), Cholesterol: 3.55mg (1.18%), Sodium: 39.76mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Manganese: 0.12mg (5.99%), Vitamin B1: 0.05mg (3.34%), Selenium: 2.08µg (2.98%), Folate: 9.84µg (2.46%), Fiber: 0.56g (2.26%), Vitamin B2: 0.03mg (1.95%), Iron: 0.34mg (1.87%), Copper: 0.04mg (1.83%), Vitamin B3: 0.33mg (1.67%), Phosphorus: 14.64mg (1.46%), Magnesium: 5.05mg (1.26%), Vitamin K: 1.3µg (1.24%), Potassium: 41.06mg (1.17%), Vitamin E: 0.17mg (1.13%)