



Dew Berry's Fruitcake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



84

CALORIES



126 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup bourbon
- ☐ 0.5 cup bourbon
- ☐ 1 cup brown sugar light packed
- ☐ 0.8 cup butter softened
- ☐ 1 cup candied cherries green chopped
- ☐ 1 cup candied cherries red chopped
- ☐ 4 large eggs

- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon nutmeg
- ☐ 2 tablespoons milk
- ☐ 0.3 cup orange zest loosely packed
- ☐ 5 cups pecans chopped
- ☐ 2.5 cups pineapple chopped
- ☐ 4 cups raisins
- ☐ 1.5 teaspoons salt

Equipment

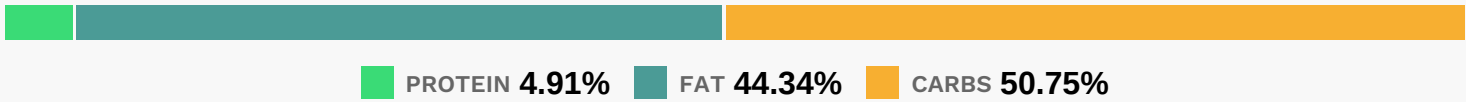
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Combine raisins and 1/3 cup bourbon in a very large bowl; toss. Set aside.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add brown sugar, and beat until fluffy.
- ☐ Add orange zest and eggs, beating well. Dissolve baking soda in milk; stir into butter mixture.
- ☐ Combine flour and next 3 ingredients; add to butter mixture, stirring well. Stir in 1/2 cup bourbon.
- ☐ Add pecans and candied fruit to raisin mixture; stir well.
- ☐ Add butter mixture and stir until nuts and fruit are thoroughly coated. Drop by heaping tablespoonfuls onto greased baking sheets.
- ☐ Bake at 375 for 13 minutes or until edges are just beginning to brown. Immediately remove to wire racks to cool. Store in airtight containers between layers of wax paper or freeze up to 1 month.

Note: Cookies become more moist and flavorful the day after preparation.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:3.2065217404262%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg, Delphinidin: 0.43mg 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: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 126.48kcal (6.32%), Fat: 6.23g (9.59%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 14.74g (5.36%), Sugar: 5.19g (5.76%), Cholesterol: 13.26mg (4.42%), Sodium: 73.95mg (3.22%), Alcohol: 0.8g (100%), Alcohol %: 2.76% (100%), Protein: 1.55g (3.11%), Manganese: 0.37mg (18.37%), Vitamin B1: 0.09mg (5.83%), Copper: 0.11mg (5.37%), Fiber: 1.31g (5.24%), Vitamin C: 3.18mg (3.85%), Selenium: 2.58µg (3.68%), Iron: 0.62mg (3.42%), Vitamin B2: 0.06mg (3.31%), Phosphorus: 32.6mg (3.26%), Folate: 11.87µg (2.97%), Magnesium: 11.5mg (2.87%), Potassium: 99.89mg (2.85%), Zinc: 0.35mg (2.36%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (1.94%), Vitamin A: 71.53IU (1.43%), Vitamin B5: 0.13mg (1.29%), Calcium: 12.57mg (1.26%), Vitamin E: 0.16mg (1.06%)