



Eggless Christmas Fruitcake Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



40

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup candied peel (tutti frutti)
- ☐ 0.8 cup coconut palm sugar
- ☐ 1 cup dates chopped
- ☐ 0.5 cup cranberries dried
- ☐ 1 teaspoon egg replacer powder
- ☐ 1.5 cups flour all-purpose

- ☐ 0.5 cup hazelnuts toasted coarsely chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 cup pistachios
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons water

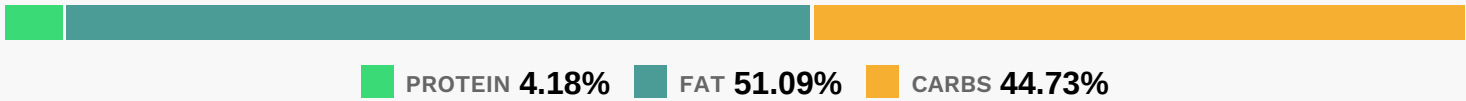
Equipment

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

Directions

- ☐ Preheat oven at 325F/160C for 15 minutes. Grease baking sheets with butter or line it with parchment paper and set aside.In a large bowl cream together the butter and brown sugar until it’s light and fluffy.
- ☐ Add the egg replacer powder, water and vanilla extract and beat well again.
- ☐ Add the sifted flour, salt and baking soda to the creamed mixture and stir well.Stir in the dried fruits and nuts.Scoop out tablespoonful of dough for each cookie, lightly roll it and flatten it and place it on the prepared baking sheets and bake for about 15 minutes.
- ☐ Place the baking sheets on a cooling rack and leave it for at least 5 minutes before transferring the cookies to the cooling rack to cool completely. Store it in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:5.35, Inflammation Score:-2, Nutrition Score:2.3852173951657%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 121.68kcal (6.08%), Fat: 7.19g (11.06%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 13.18g (4.79%), Sugar: 8.68g (9.65%), Cholesterol: 12.57mg (4.19%), Sodium: 79.94mg (3.48%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.32g (2.65%), Manganese: 0.22mg (10.84%), Vitamin B1: 0.07mg (4.7%), Fiber: 0.98g (3.93%), Copper: 0.08mg (3.87%), Folate: 12.28µg (3.07%), Vitamin A: 151.07IU (3.02%), Vitamin E: 0.45mg (2.99%), Selenium: 2.06µg (2.94%), Phosphorus: 24.64mg (2.46%), Iron: 0.43mg (2.4%), Vitamin B6: 0.05mg (2.31%), Magnesium: 8.8mg (2.2%), Vitamin B2: 0.03mg (2.05%), Vitamin B3: 0.4mg (1.98%), Potassium: 64.92mg (1.85%), Zinc: 0.18mg (1.2%)