



Fig Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



184 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 eggs
- 2 cups fig preserves
- 2 cups flour all-purpose
- 0.8 cup shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cream together shortening, eggs, sugar, and vanilla. Sift flour, soda, and baking powder.
- Add to egg mixture.
- Grease a small cookie sheet with shortening.
- Pour 1/2 of the dough into pan and spread.
- Pour fig preserves over the dough and gently spread. Drop rest of dough over figs.
- Place in oven. When mixture starts to melt and gets soft, spread the top.
- Bake for 40 minutes. Cool and then cut into 24 bars.

Nutrition Facts



PROTEIN 3.47% **FAT 33.46%** **CARBS 63.07%**

Properties

Glycemic Index:12.17, Glycemic Load:18.61, Inflammation Score:-1, Nutrition Score:2.5569565386876%

Nutrients (% of daily need)

Calories: 184.42kcal (9.22%), Fat: 6.9g (10.61%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 28.76g (10.46%), Sugar: 17.43g (19.37%), Cholesterol: 13.64mg (4.55%), Sodium: 69.88mg (3.04%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 1.61g (3.21%), Selenium: 5.08µg (7.26%), Vitamin B1: 0.09mg (5.83%), Folate: 22.84µg (5.71%), Vitamin B2: 0.08mg (4.95%), Manganese: 0.08mg (4.01%), Iron: 0.68mg (3.8%), Vitamin K: 3.45µg (3.29%), Vitamin B3: 0.63mg (3.13%), Vitamin E: 0.46mg (3.07%), Phosphorus: 29.37mg (2.94%), Calcium: 27.1mg (2.71%), Vitamin C: 1.64mg (1.99%), Fiber: 0.49g (1.95%), Copper: 0.04mg (1.85%), Vitamin B5: 0.15mg (1.49%)