



## Fructose Sugar Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



86 kcal

### Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 1 teaspoon cream of tartar
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.3 tablespoons ground cloves
- ☐ 1.3 tablespoons ground nutmeg
- ☐ 1 teaspoon lemon zest
- ☐ 1 teaspoon salt

- ☐ 2 cups shortening
- ☐ 1 cup flour whole wheat

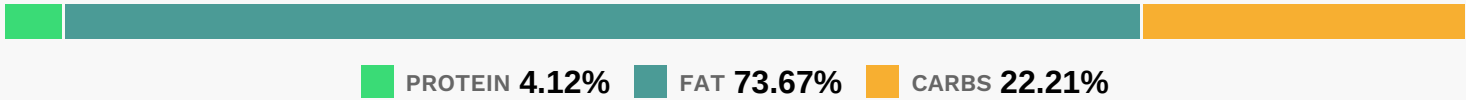
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ In a large bowl, combine the flours, baking soda, cream of tartar, cloves, nutmeg, cinnamon and salt. In another bowl, cream the shortening, and fructose. Beat in the eggs, lemon zest and dry ingredients.
- ☐ Mix until well blended. Cover dough and refrigerate for 24 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. Drop dough by spoonfuls 1 1/2 inches apart onto cookie sheets.
- ☐ Bake for 10 to 12 minutes until lightly colored.
- ☐ Let cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:1.787391272414%

## Nutrients (% of daily need)

Calories: 85.84kcal (4.29%), Fat: 7.14g (10.98%), Saturated Fat: 1.82g (11.34%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.43g (1.61%), Sugar: 0.07g (0.08%), Cholesterol: 5.46mg (1.82%), Sodium: 78.14mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Manganese: 0.2mg (9.9%), Selenium: 3.11µg (4.45%), Vitamin K: 3.88µg (3.7%), Vitamin E: 0.46mg (3.09%), Vitamin B1: 0.05mg (3.03%), Folate: 9.35µg (2.34%), Vitamin B2: 0.03mg (1.82%), Iron: 0.32mg (1.78%), Vitamin B3: 0.35mg (1.75%), Fiber: 0.42g (1.67%), Phosphorus: 15.03mg (1.5%), Magnesium: 4.48mg (1.12%)