



Fruitcake Christmas Cookies

READY IN



40 min.

SERVINGS



48

CALORIES



121 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.8 cup brown sugar packed
- 1 large eggs room temperature
- 0.5 teaspoon vanilla extract
- 1.7 cups flour all-purpose
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 1.5 cups dates finely chopped
- 4 ounces candied cherries red halved

- 4 ounces candied pineapple diced
- 0.5 cup hazelnuts whole toasted
- 0.5 cup pecans coarsely chopped
- 0.5 cup walnut pieces coarsely chopped

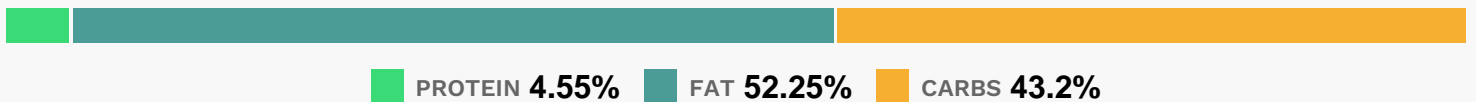
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 325°. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg and vanilla. In another bowl, whisk together flour, baking soda and salt; gradually beat into creamed mixture. Stir in remaining ingredients.
- Drop dough by tablespoonfuls onto greased baking sheets.
- Bake until golden brown, about 15 minutes. Store in an airtight container. (Cookies are best after a few days.)

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:4.03, Inflammation Score:-1, Nutrition Score:2.2421739159719%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 120.87kcal (6.04%), Fat: 7.23g (11.13%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 12.5g (4.55%), Sugar: 8.23g (9.14%), Cholesterol: 14.04mg (4.68%), Sodium: 67.13mg (2.92%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.42g (2.84%), Manganese: 0.21mg (10.71%), Fiber: 0.95g (3.8%), Vitamin B1: 0.06mg (3.79%), Copper: 0.07mg (3.63%), Folate: 12.34µg (3.08%), Selenium: 2.15µg (3.07%), Iron: 0.46mg (2.56%), Vitamin A: 125.4IU (2.51%), Vitamin E: 0.34mg (2.25%), Magnesium: 8.8mg (2.2%), Phosphorus: 21.86mg (2.19%), Vitamin B2: 0.04mg (2.09%), Vitamin B3: 0.37mg (1.85%), Potassium: 60.52mg (1.73%), Vitamin B6: 0.03mg (1.44%), Zinc: 0.18mg (1.21%), Calcium: 11.86mg (1.19%)