



Fruitcake Coconut Cookies



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



90

CALORIES



74 kcal

Ingredients

- ☐ 1.3 cups candied cherries
- ☐ 2.5 cups coconut or flaked
- ☐ 1 cup dates diced
- ☐ 3 cups nuts chopped
- ☐ 1.3 cups candied pineapple
- ☐ 1.5 cups condensed milk sweetened

Equipment

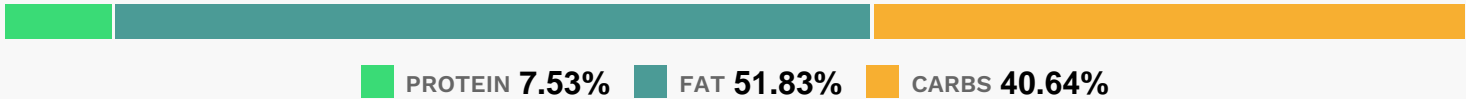
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Preheat oven to 300F/150C for 15 minutes. Line miniature muffin tins with paper liners.In a large bowl stir together the first 5 ingredients.
- ☐ Mix in the condensed milk. Fill in each cup with a tablespoon of the mixture.
- ☐ Bake for about 20–25 minutes or until golden brown. Mine were done in about 23 minutes.Cool it in the pan for 10 minutes before transferring it to the wire rack for them to cool completely. You would have to store these coconut cookies in an airtight container for 24 hours before serving. (See My Notes)

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:2.65, Inflammation Score:-1, Nutrition Score:1.9821739238889%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 73.54kcal (3.68%), Fat: 4.45g (6.85%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.31g (5.9%), Cholesterol: 1.73mg (0.58%), Sodium: 7.98mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Manganese: 0.18mg (9.18%), Copper: 0.09mg (4.34%), Fiber: 1g (4%), Phosphorus: 39.84mg (3.98%), Magnesium: 15.23mg (3.81%), Potassium: 73.61mg (2.1%), Vitamin B2: 0.04mg (2.06%), Calcium: 19.39mg (1.94%), Zinc: 0.29mg (1.9%), Selenium: 1.24µg (1.78%), Iron: 0.29mg (1.61%), Vitamin C: 1.29mg (1.56%), Vitamin B6: 0.03mg (1.46%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.13mg (1.29%), Vitamin B1: 0.02mg (1.22%)