



## Fruitcake Cookies

 Vegetarian

READY IN



890 min.

SERVINGS



60

CALORIES



101 kcal

DESSERT

## Ingredients

- 2 ounces candied cherries coarsely chopped
- 2 ounces apricots dried coarsely chopped
- 0.5 pound figs dried
- 2 tablespoons cooking sherry dry
- 1 extra large eggs
- 2.7 cups flour all-purpose
- 0.5 teaspoon ground cloves
- 1 tablespoon honey

- 60 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 0.3 cup brown sugar light packed
- 6 ounces pecans chopped
- 0.3 pound raisins
- 0.5 cup caster sugar
- 0.5 pound butter unsalted at room temperature (2 sticks)

## Equipment

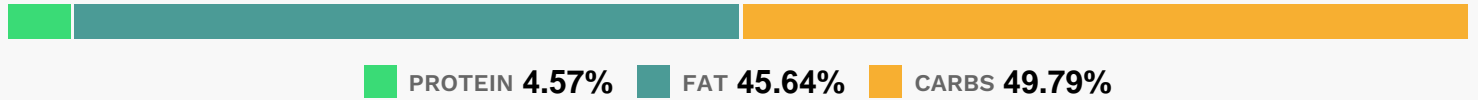
- bowl
- oven
- knife
- blender
- plastic wrap
- hand mixer
- kitchen scissors

## Directions

- Watch how to make this recipe.
- Snip off the hard stems of the figs with scissors or a small knife and coarsely chop the figs. In a medium bowl, combine the figs, raisins, cherries, apricots, honey, sherry, lemon juice, pecans, and a pinch of salt. Cover with plastic wrap and allow to sit overnight at room temperature.
- In the bowl of an electric mixer fitted with the paddle attachment, cream the butter, cloves, superfine sugar, and brown sugar on medium speed until smooth, about 3 minutes. With the mixer on low speed, add the egg and mix until incorporated. With the mixer still on low, slowly add the flour and 1/4 teaspoon salt just until combined. Don't over mix!
- Add the fruits and nuts, including any liquid in the bowl.
- Divide the dough in half and place each half on the long edge of a 12 by 18-inch piece of parchment or waxed paper.

- Roll each half into a log, 1 1/2 to 1 3/4-inch thick, making an 18-inch-long roll. Refrigerate the dough for several hours, or until firm.
- Preheat the oven to 350 degrees.
- With a small, sharp knife, cut the logs into 1/2-inch-thick slices.
- Place the slices 1/2-inch apart on ungreased sheet pans and bake for 15 to 20 minutes, until lightly golden.

## Nutrition Facts



### Properties

Glycemic Index:5.76, Glycemic Load:6, Inflammation Score:-2, Nutrition Score:2.314347817846%

### Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

### Nutrients (% of daily need)

Calories: 101.1kcal (5.05%), Fat: 5.31g (8.17%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 12.03g (4.37%), Sugar: 6.04g (6.71%), Cholesterol: 11.6mg (3.87%), Sodium: 197.09mg (8.57%), Alcohol: 0.05g (100%), Alcohol %: 0.26% (100%), Protein: 1.2g (2.39%), Manganese: 0.2mg (10.23%), Vitamin B1: 0.07mg (4.56%), Fiber: 1.01g (4.02%), Selenium: 2.4µg (3.43%), Copper: 0.06mg (3.21%), Folate: 11.91µg (2.98%), Iron: 0.51mg (2.85%), Vitamin A: 135.57IU (2.71%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.44mg (2.18%), Phosphorus: 21.42mg (2.14%), Magnesium: 8.51mg (2.13%), Potassium: 74.68mg (2.13%), Zinc: 0.22mg (1.45%), Vitamin E: 0.2mg (1.31%), Calcium: 12.76mg (1.28%)