



Fruitcake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



100

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 pound candied fruit and peel mixed
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup maraschino cherries chopped
- ☐ 4 cups pecans toasted chopped
- ☐ 1 cup raisins

- ☐ 1 pinch salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

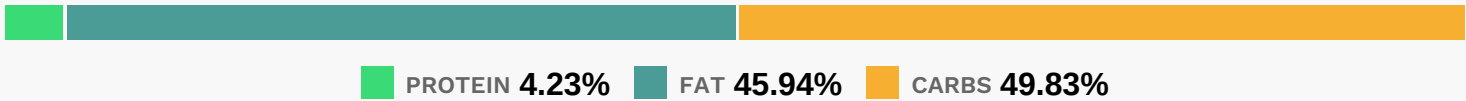
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Preheat oven to 30
- ☐ Beat sugar and butter at medium speed with a heavy-duty electric stand mixer until creamy.
- ☐ Add eggs, 1 at a time, beating until blended after each addition. Stir in vanilla. Sift together flour, baking soda, and salt; gradually add to sugar mixture, beating until blended. Stir in candied fruit and peel, pecans, raisins, and cherries. Drop dough by tablespoonfuls 1 inch apart onto lightly greased baking sheets.
- ☐ Bake 18 to 20 minutes or until lightly browned. Cool completely on wire racks (about 20 minutes).

Nutrition Facts



Properties

Glycemic Index:2.64, Glycemic Load:4.79, Inflammation Score:-1, Nutrition Score:1.9134782701731%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 92.95kcal (4.65%), Fat: 4.89g (7.53%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 11.1g (4.03%), Sugar: 6.26g (6.96%), Cholesterol: 10.46mg (3.49%), Sodium: 31.3mg (1.36%), Alcohol: 0.01g (100%), Alcohol %: 0.08% (100%), Protein: 1.01g (2.03%), Manganese: 0.21mg (10.43%), Vitamin B1: 0.06mg (3.86%), Fiber: 0.85g (3.4%), Copper: 0.06mg (3.1%), Selenium: 1.94µg (2.77%), Iron: 0.46mg (2.53%), Folate: 8.55µg (2.14%), Vitamin B2: 0.03mg (2.03%), Phosphorus: 19.69mg (1.97%), Magnesium: 6.38mg (1.59%), Zinc: 0.24mg (1.57%), Vitamin A: 71.56IU (1.43%), Vitamin B3: 0.29mg (1.43%), Calcium: 12.47mg (1.25%), Potassium: 35.44mg (1.01%)