



George's Fruit Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



129 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 3.5 cups flour all-purpose sifted
- ☐ 8 ounce fruit cocktail drained canned
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 cup raisins

- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 3 tablespoons water hot
- ☐ 1.5 cups sugar white

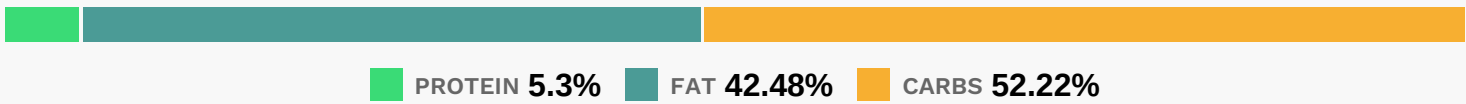
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). In a small bowl, dissolve baking soda in warm water.
- ☐ In a large bowl, cream together the shortening and the sugar. Beat the eggs and mix in. Stir in molasses, chopped nuts, fruit cocktail, raisins and vanilla.
- ☐ Mix in spices, baking soda and salt. Sift the flour and stir in.
- ☐ Mix until well blended.
- ☐ Drop by teaspoon on a cookie sheet and bake for 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:11.34, Inflammation Score:-1, Nutrition Score:2.7560869507168%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 129.38kcal (6.47%), Fat: 6.26g (9.63%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 16.61g (6.04%), Sugar: 7.63g (8.48%), Cholesterol: 10.23mg (3.41%), Sodium: 53mg (2.3%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 1.76g (3.52%), Manganese: 0.21mg (10.34%), Selenium: 4.29µg (6.12%), Vitamin B1: 0.09mg (5.77%), Folate: 20.61µg (5.15%), Vitamin B2: 0.07mg (4.06%), Iron: 0.69mg (3.82%), Copper: 0.07mg (3.57%), Vitamin B3: 0.63mg (3.14%), Fiber: 0.7g (2.79%), Phosphorus: 26.84mg (2.68%), Vitamin K: 2.57µg (2.45%), Magnesium: 9.5mg (2.37%), Vitamin E: 0.34mg (2.28%), Potassium: 66.45mg (1.9%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.14mg (1.36%), Zinc: 0.19mg (1.26%)