



Gingerbread Fruitcake Cookies

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



44 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 4 ounce candied orange peel
- 0.5 cup golden raisins
- 2.5 tablespoons orange juice
- 0.5 cup pecans chopped
- 1.5 cups powdered sugar sifted
- 0.3 cup water
- 14 ounce gingerbread mix

14 ounce gingerbread mix

Equipment

baking sheet

oven

Directions

Combine first 3 ingredients, stirring until smooth. Fold in candied orange peel, raisins, and pecans.

Drop dough by rounded teaspoonfuls onto lightly greased cookie sheets.

Bake at 350 for 10 minutes.

Let cool slightly on cookie sheets.

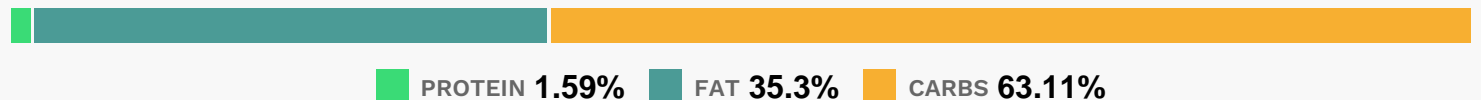
Remove to wire racks, and let cool completely.

Combine powdered sugar and lemon juice, stirring until smooth.

Drizzle over cooled cookies.

Note: For gingerbread mix, we used Dromedary.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.49217391386628%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 43.5kcal (2.18%), Fat: 1.78g (2.74%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.95g (2.53%), Sugar: 6.59g (7.32%), Cholesterol: 0mg (0%), Sodium: 13.79mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Manganese: 0.06mg (2.93%), Copper: 0.02mg (1.03%)