



Macadamia Nut Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



228 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1.5 cups brown sugar packed
- 4 eggs
- 3 cups flour all-purpose
- 1 teaspoon juice of lemon
- 2 cups macadamia nuts chopped
- 0.5 cup rolled oats
- 1 teaspoon salt

- 1.5 cups shortening
- 1 teaspoon vanilla extract
- 0.7 cup granulated sugar white

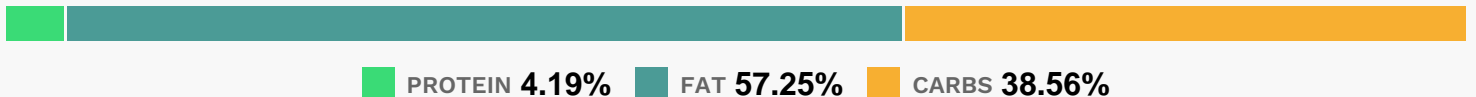
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream shortening, brown and white sugars, and eggs. Beat until well blended. Beat in vanilla extract and lemon juice. Stir in flour, baking soda and salt and mix well. Fold in macadamia nuts and oats. Cover and chill for 4 hours.
- Preheat oven to 325 degrees F (165 degrees C). Lightly grease 2 baking sheets. Drop the dough by spoonfuls 2 inches apart on cookie sheets.
- Bake 15 to 18 minutes.
- Let cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:8.63, Inflammation Score:-1, Nutrition Score:4.2899999793457%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 227.58kcal (11.38%), Fat: 14.84g (22.82%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 21.44g (7.8%), Sugar: 13g (14.45%), Cholesterol: 18.19mg (6.06%), Sodium: 135.94mg (5.91%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.44g (4.88%), Manganese: 0.43mg (21.36%), Vitamin B1: 0.18mg (11.97%), Selenium: 5.76µg (8.23%), Folate: 22.66µg (5.66%), Iron: 0.97mg (5.36%), Vitamin B2: 0.09mg

(5.2%), Vitamin K: 4.61µg (4.39%), Copper: 0.08mg (4.2%), Vitamin E: 0.63mg (4.18%), Fiber: 1.04g (4.14%), Vitamin B3: 0.83mg (4.13%), Phosphorus: 39.93mg (3.99%), Magnesium: 14.96mg (3.74%), Vitamin B5: 0.26mg (2.6%), Vitamin B6: 0.04mg (1.92%), Calcium: 19mg (1.9%), Zinc: 0.28mg (1.85%), Potassium: 61.95mg (1.77%)