



Mincemeat Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



84

CALORIES



76 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 1.5 cups mincemeat prepared drained
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

☐ 1.5 cups sugar white

Equipment

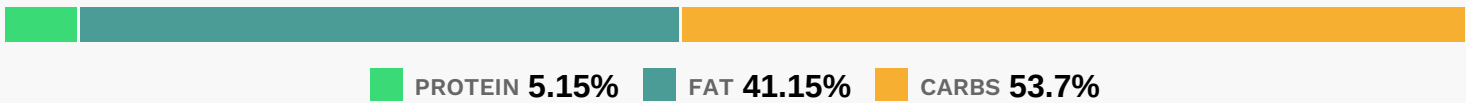
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ Cream shortening, sugar and eggs together, then beat in vanilla. Sift the flour, salt and baking soda together, and add to shortening mixture.
- ☐ Mix until well blended. Stir in the nuts and mincemeat and mix well. Drop by teaspoonfuls on the cookie sheet.
- ☐ Bake 8 to 10 minutes until light brown.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:1.2521739169631%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 76.49kcal (3.82%), Fat: 3.56g (5.47%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 10.13g (3.68%), Sugar: 6.33g (7.03%), Cholesterol: 5.85mg (1.95%), Sodium: 65.62mg (2.85%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1g (2%), Manganese: 0.08mg (4.06%), Selenium: 2.21µg (3.16%), Vitamin B1: 0.04mg (2.92%), Folate: 10.95µg (2.74%), Vitamin B2: 0.03mg (1.99%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.53%), Vitamin B3: 0.3mg (1.51%), Phosphorus: 13.16mg (1.32%), Vitamin K: 1.36µg (1.29%), Fiber: 0.32g (1.27%), Vitamin E: 0.18mg (1.19%)