



Mincemeat Cookies II

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



141 kcal

DESSERT

Ingredients

- 2 cups mincemeat pie filling prepared
- 1.5 teaspoons baking soda
- 1.5 cups brown sugar packed
- 1 eggs
- 3.3 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup shortening

Equipment

baking sheet

oven

Directions

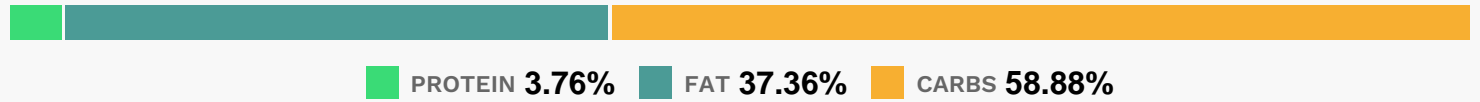
Preheat oven to 425 degrees F (220 degrees C).

Cream together brown sugar and shortening.

Add in egg and mincemeat and mix well. Sift together flour, salt and baking soda and stir into mincemeat mixture.

Drop onto cookie sheet and bake 7 - 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:6.23, Inflammation Score:-1, Nutrition Score:2.141739120302%

Nutrients (% of daily need)

Calories: 141.14kcal (7.06%), Fat: 5.93g (9.13%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.61g (7.49%), Sugar: 10.74g (11.93%), Cholesterol: 4.55mg (1.52%), Sodium: 72.68mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Selenium: 4.35µg (6.22%), Vitamin B1: 0.09mg (6.12%), Folate: 21.32µg (5.33%), Manganese: 0.09mg (4.34%), Vitamin B2: 0.06mg (3.69%), Iron: 0.65mg (3.62%), Vitamin B3: 0.68mg (3.41%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.37mg (2.49%), Fiber: 0.44g (1.74%), Phosphorus: 15.89mg (1.59%), Copper: 0.03mg (1.43%), Vitamin B5: 0.12mg (1.25%), Calcium: 10.58mg (1.06%)