

Mom's Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



148 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.5 cups brown sugar packed
- 0.5 cup butter softened
- 1 cup dates pitted chopped
- 3 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.5 teaspoon nutmeg
- 1 cup raisins
- 0.5 teaspoon salt
- 0.5 cup shortening
- 0.5 cup walnut pieces chopped

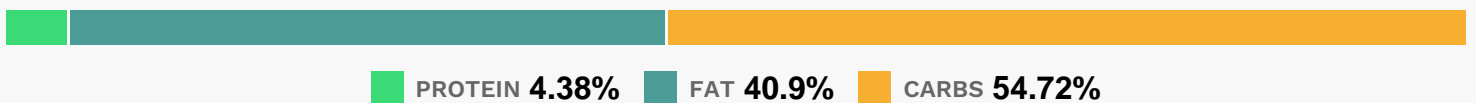
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cream together the shortening and the butter.
- Add the brown sugar and cream until light and fluffy. Beat in the eggs until well blended.
- Sift the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves over the creamed mixture.
- Mix in then stir in the raisins, nuts and dates.
- Drop cookies onto ungreased baking sheets and bake at 375 degrees F (190 degrees C) for 8 to 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:11.74, Glycemic Load:7.01, Inflammation Score:-1, Nutrition Score:2.6508695949679%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 147.57kcal (7.38%), Fat: 6.93g (10.66%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 19.93g (7.25%), Sugar: 11.57g (12.85%), Cholesterol: 20.42mg (6.81%), Sodium: 88.86mg (3.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Manganese: 0.15mg (7.51%), Selenium: 3.85µg (5.5%), Vitamin B1: 0.07mg (4.6%), Folate: 17.14µg (4.28%), Vitamin B2: 0.06mg (3.8%), Fiber: 0.94g (3.75%), Iron: 0.67mg (3.71%), Copper: 0.06mg (3.2%), Phosphorus: 29.6mg (2.96%), Vitamin B3: 0.54mg (2.7%), Potassium: 93.13mg (2.66%), Calcium: 23.05mg (2.3%), Magnesium: 8.54mg (2.13%), Vitamin E: 0.31mg (2.04%), Vitamin A: 99.54IU (1.99%), Vitamin K: 1.96µg (1.87%), Vitamin B6: 0.04mg (1.82%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.17mg (1.15%)