

My Grandma's Fruitcake Cookies



Vegetarian

READY IN

ready

90 min.

SERVINGS

servings

100

CALORIES

calories

134 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 1 cup butter at room temperature
- ☐ 1 pound candied cherries green red chopped
- ☐ 2 tablespoons vanilla-flavored cream sherry
- ☐ 2 cups dates pitted chopped
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 7 cups nuts mixed chopped
- ☐ 1 pound candied pineapple coarsely chopped
- ☐ 2 cups raisins chopped

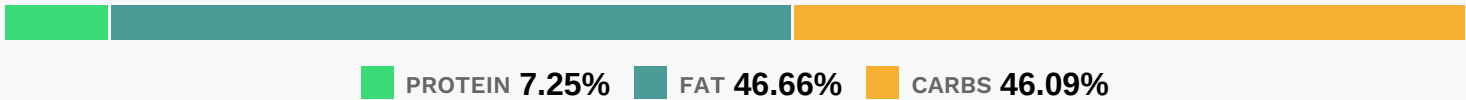
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Grease several baking sheets. Sift together the flour, cinnamon, and baking soda in a bowl; set aside.
- ☐ Beat together the butter and brown sugar in a large mixing bowl until fluffy, about 5 minutes. Beat in the eggs, one at a time. Gradually beat the flour mixture into the butter mixture, alternating each addition with about 2 tablespoons of milk until all the milk is incorporated and the dough is soft. Beat in the sherry, and mix in the nuts, raisins, dates, pineapple, and cherries until thoroughly mixed. Drop the dough by rounded teaspoons onto the prepared baking sheets.
- ☐ Bake in the preheated oven until the cookies are set and the bottoms are very lightly browned, 20 to 30 minutes. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:5.14, Inflammation Score:-2, Nutrition Score:3.4817391180474%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 134.28kcal (6.71%), Fat: 7.27g (11.19%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 14.61g (5.31%), Sugar: 6.63g (7.37%), Cholesterol: 9.94mg (3.31%), Sodium: 25.24mg (1.1%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 2.54g (5.09%), Manganese: 0.28mg (14.2%), Copper: 0.16mg (7.81%), Magnesium: 26.77mg (6.69%), Fiber: 1.56g (6.22%), Phosphorus: 56.8mg (5.68%), Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.06mg (3.95%), Iron: 0.71mg (3.93%), Folate: 14.08µg (3.52%), Potassium: 119.77mg (3.42%), Vitamin B2: 0.06mg (3.29%), Zinc: 0.45mg (3.03%), Vitamin C: 2.38mg (2.88%), Selenium: 1.86µg (2.66%), Vitamin B6: 0.05mg (2.55%), Vitamin B5: 0.2mg (1.97%), Calcium: 15mg (1.5%), Vitamin A: 70.33IU (1.41%)