



Oatmeal-Fruitcake Lizzies

 Dairy Free

READY IN



45 min.

SERVINGS



90

CALORIES



74 kcal

DESSERT

Ingredients

- 1 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup firmly brown sugar packed
- 0.8 cup candied cherries green red chopped
- 2 large eggs
- 2 cups flour all-purpose
- 0.8 cup golden raisins

- 2 cups regular oats uncooked
- 1 cup pecans chopped
- 0.8 cup candied pineapple chopped
- 1 teaspoon salt
- 1 cup shortening
- 1 cup sugar
- 1 teaspoon vanilla extract

Equipment

- baking sheet
- oven
- hand mixer

Directions

- Beat shortening at medium speed of an electric mixer until creamy; gradually add sugars, beating well.
- Add eggs and flavorings; beat well.
- Combine flour and next 4 ingredients; gradually add to shortening mixture, beating well. Stir in pecans and remaining ingredients.
- Drop dough by heaping tablespoonfuls onto lightly greased cookie sheets.
- Bake at 350 for 10 minutes or until golden.
- Remove to wire racks, and cool completely.

Nutrition Facts



PROTEIN 4.4% **FAT 40.73%** **CARBS 54.87%**

Properties

Glycemic Index:4.47, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:1.4847826193208%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 73.89kcal (3.69%), Fat: 3.42g (5.26%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.91g (3.6%), Sugar: 6.19g (6.87%), Cholesterol: 4.13mg (1.38%), Sodium: 45.42mg (1.97%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.83g (1.66%), Manganese: 0.16mg (7.88%), Selenium: 1.9µg (2.72%), Vitamin B1: 0.04mg (2.68%), Phosphorus: 18.52mg (1.85%), Fiber: 0.45g (1.81%), Iron: 0.31mg (1.7%), Folate: 6.76µg (1.69%), Copper: 0.03mg (1.68%), Vitamin B2: 0.03mg (1.55%), Magnesium: 5.53mg (1.38%), Vitamin K: 1.35µg (1.29%), Vitamin E: 0.18mg (1.19%), Vitamin B3: 0.22mg (1.11%), Zinc: 0.16mg (1.07%)