



Old-fashioned Fruitcake Cookies

READY IN



45 min.

SERVINGS



100

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 2 cups all purpose flour divided
- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 teaspoons bourbon ()
- ☐ 1 cup dates pitted chopped
- ☐ 1 cup cherries dried halved
- ☐ 5 ounces currants dried
- ☐ 4 teaspoons cooking sherry dry () (preferably imported)
- ☐ 2 large eggs
- ☐ 5 ounces golden raisins

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 108 foil bonbon-size baking cups (1-inch-diameter)
- ☐ 1 cup powdered sugar packed ()
- ☐ 5 ounces brown raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 cup walnuts coarsely chopped

Equipment

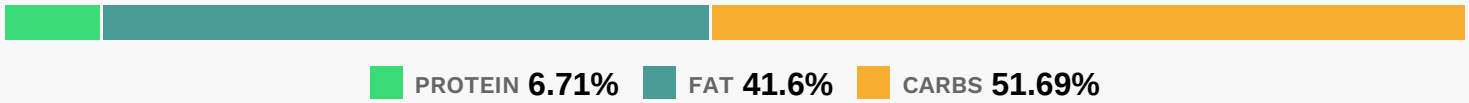
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Toss first 6 ingredients in large bowl.
- ☐ Mix in 4 tablespoons each bourbon and Sherry. Cover; soak 2 to 24 hours.
- ☐ Position rack in center of oven; preheat to 325°F. Arrange about 36 baking cups on each of 3 rimmed baking sheets. Stir walnuts, then 1 cup flour into fruit mixture, coating evenly.
- ☐ Whisk 1 cup flour, baking powder, salt, and spices in medium bowl.
- ☐ Beat sugar and butter in another large bowl until smooth. Beat in eggs, 1 at a time. Beat in dry ingredients, then remaining 2 tablespoons each bourbon and Sherry. Fold in fruit mixture. Drop batter by heaping teaspoonfuls into baking cups.
- ☐ Bake cookies, 1 sheet at a time, until light brown, about 23 minutes. Cool.
- ☐ Mix sugar and 4 teaspoons each bourbon and Sherry in bowl.
- ☐ Add more liquor by 1/2 teaspoonfuls in equal amounts to thin if necessary.
- ☐ Spoon glaze over cookies; garnish with peel.

Let stand until glaze sets, at least 2hours. DO AHEAD: Can be made 1 weekahead. Store between sheets of waxed paperin airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.55, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:2.550434809664%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 154.55kcal (7.73%), Fat: 7.44g (11.44%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 19.52g (7.1%), Sugar: 15.16g (16.85%), Cholesterol: 7.26mg (2.42%), Sodium: 84.49mg (3.67%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 2.7g (5.4%), Vitamin B3: 1.06mg (5.3%), Fiber: 1.26g (5.05%), Phosphorus: 44.52mg (4.45%), Copper: 0.08mg (4.21%), Magnesium: 16.04mg (4.01%), Folate: 15.92µg (3.98%), Manganese: 0.08mg (3.92%), Vitamin B1: 0.06mg (3.88%), Potassium: 115.69mg (3.31%), Iron: 0.52mg (2.9%), Vitamin B2: 0.05mg (2.83%), Calcium: 23.26mg (2.33%), Selenium: 1.57µg (2.25%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.04mg (2.07%), Vitamin A: 88.53IU (1.77%), Vitamin B5: 0.16mg (1.6%)