



Orange Slice Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



42

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup coconut or flaked
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 10 slices orange candy chopped
- ☐ 0.3 cup orange juice

- ☐ 0.8 cup pecans chopped
- ☐ 2 cups powdered sugar
- ☐ 1.5 cups quick-cooking oats uncooked
- ☐ 1 cup shortening
- ☐ 0.5 cup sugar
- ☐ 1.5 tablespoons water

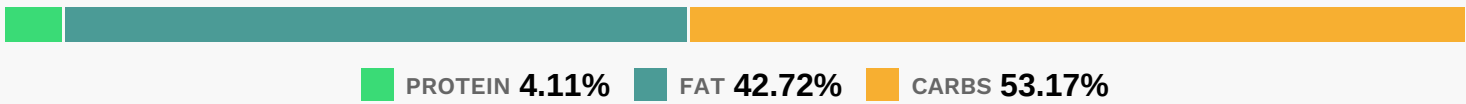
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Stir together soda and 1 1/2 tablespoons water until dissolved.
- ☐ Beat shortening at medium speed with an electric mixer until creamy. Gradually add sugars, beating until fluffy.
- ☐ Add soda mixture, eggs, and next 3 ingredients; beat until blended.
- ☐ Combine flour, oats, and baking powder. Gradually add to shortening mixture, beating until blended. Drop by rounded tablespoonfuls onto lightly greased baking sheets.
- ☐ Bake cookies at 350 for 10 to 12 minutes.
- ☐ Remove to wire racks to cool.
- ☐ Stir together powdered sugar and orange juice; drizzle over cookies.

Nutrition Facts



Properties

Glycemic Index:9.68, Glycemic Load:6.29, Inflammation Score:-1, Nutrition Score:2.954782616833%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg, Hesperetin: 1.08mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.66kcal (7.63%), Fat: 7.43g (11.44%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 20.82g (6.94%), Net Carbohydrates: 19.96g (7.26%), Sugar: 13.7g (15.22%), Cholesterol: 8.86mg (2.95%), Sodium: 32.92mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Manganese: 0.29mg (14.29%), Selenium: 4.12µg (5.89%), Vitamin B1: 0.08mg (5.46%), Folate: 14.95µg (3.74%), Fiber: 0.87g (3.47%), Phosphorus: 34.37mg (3.44%), Magnesium: 13.67mg (3.42%), Iron: 0.59mg (3.3%), Vitamin C: 2.55mg (3.09%), Vitamin B2: 0.05mg (2.98%), Copper: 0.06mg (2.88%), Vitamin K: 2.79µg (2.65%), Vitamin E: 0.39mg (2.58%), Vitamin B3: 0.43mg (2.13%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.16mg (1.59%), Calcium: 15.4mg (1.54%), Potassium: 49.63mg (1.42%), Vitamin B6: 0.02mg (1.07%)