



Peaches and Cream Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



106 kcal

DESSERT

Ingredients

- ☐ 0.5 tablespoon baking soda
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 cup peaches fresh pitted chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.8 cup walnuts chopped
- ☐ 1.5 cups sugar white

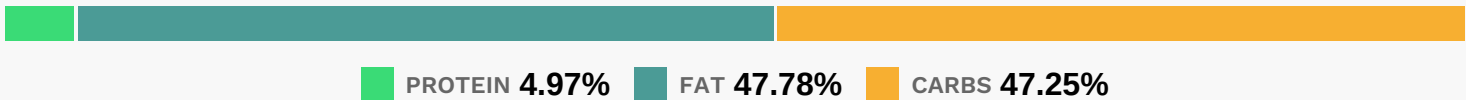
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a cookie sheet.
- ☐ Beat shortening and sugar together. Blend eggs and fruit into the shortening and sugar mixture. Stir flour, salt, baking soda and nuts into the egg mixture; mix well.
- ☐ Drop dough by teaspoonfuls onto the greased cookie sheet. The cookies will double in size while baking, so set the cookies far apart on the cookie sheet.
- ☐ Bake for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:4.28, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:1.9313043219888%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 106.18kcal (5.31%), Fat: 5.74g (8.83%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 12.77g (4.26%), Net Carbohydrates: 12.39g (4.51%), Sugar: 6.58g (7.31%), Cholesterol: 6.82mg (2.27%), Sodium: 86.09mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Manganese: 0.12mg (5.93%), Selenium: 3.41µg (4.87%), Vitamin B1: 0.07mg (4.66%), Folate: 17.14µg (4.29%), Vitamin B2: 0.05mg (3.05%), Iron: 0.47mg (2.58%), Vitamin B3: 0.51mg (2.54%), Vitamin K: 2.45µg (2.33%), Copper: 0.04mg (2.23%), Vitamin E: 0.32mg (2.15%), Phosphorus: 19.1mg (1.91%), Fiber: 0.38g (1.53%), Magnesium: 5.09mg (1.27%), Vitamin B5: 0.11mg (1.07%)