



Pineapple Cookies I

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup pineapple with juice crushed
- ☐ 1 pinch salt
- ☐ 1 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

☐ 1.5 cups sugar white

Equipment

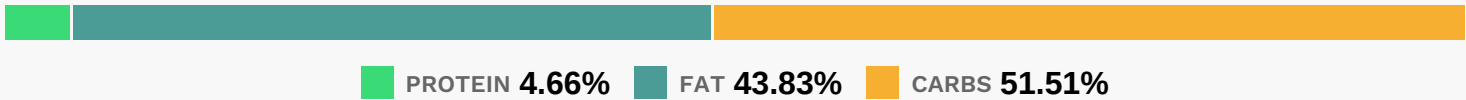
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Mix all ingredients in the order given. Drop by tablespoonful onto cookie sheet.
- ☐ Bake for 8 – 10 minutes until brown.

Nutrition Facts



Properties

Glycemic Index:6.53, Glycemic Load:12.56, Inflammation Score:-1, Nutrition Score:2.5304347626541%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 142.5kcal (7.13%), Fat: 7.04g (10.83%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 18.11g (6.58%), Sugar: 9.14g (10.15%), Cholesterol: 4.55mg (1.52%), Sodium: 3.46mg (0.15%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 1.69g (3.37%), Vitamin B1: 0.11mg (7.19%), Manganese: 0.14mg (7.04%), Selenium: 4.65µg (6.64%), Folate: 24.7µg (6.18%), Vitamin B2: 0.07mg (4.16%), Vitamin B3: 0.75mg (3.76%), Iron: 0.66mg (3.65%), Vitamin K: 3.15µg (3%), Vitamin E: 0.38mg (2.54%), Copper: 0.05mg (2.54%), Phosphorus: 21.64mg (2.16%), Fiber: 0.51g (2.06%), Magnesium: 6.25mg (1.56%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.16mg (1.05%)