



Pineapple Cookies III

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



97 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 1.5 cups powdered sugar
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup orange juice
- 2 teaspoons orange zest

- 0.5 cup pineapple rings with juice crushed
- 1 teaspoon salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 0.5 cup granulated sugar white

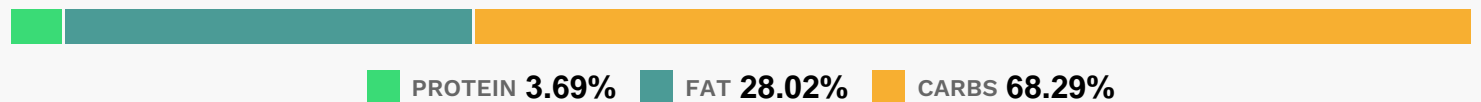
Equipment

- baking sheet
- oven

Directions

- Cream brown sugar, white sugar, shortening, and salt. Stir in egg.
- Sift together 2 cups flour, baking soda and baking powder. Stir into sugar mixture and mix well.
- Add pineapple, chopped nuts (optional) and vanilla.
- Mix well.
- Drop by teaspoonfuls on greased cookie sheet.
- Bake at 350 degrees F (180 degrees C) for 8 - 10 minutes. Frost when cooled.
- Mix confectioners' sugar, orange juice, and grated orange rind.
- Mix together until smooth and drizzle on cooled cookies.

Nutrition Facts



Properties

Glycemic Index:8.03, Glycemic Load:5.89, Inflammation Score:-1, Nutrition Score:1.4321739084047%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 96.72kcal (4.84%), Fat: 3.05g (4.69%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 16.47g (5.99%), Sugar: 11.17g (12.41%), Cholesterol: 4.55mg (1.52%), Sodium: 87mg (3.78%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 0.9g (1.8%), Selenium: 2.83µg (4.04%), Vitamin B1: 0.06mg (3.99%), Folate: 13.99µg (3.5%), Manganese: 0.05mg (2.53%), Vitamin B2: 0.04mg (2.51%), Iron: 0.4mg (2.2%), Vitamin B3: 0.43mg (2.15%), Vitamin C: 1.25mg (1.51%), Vitamin K: 1.56µg (1.48%), Phosphorus: 12.98mg (1.3%), Vitamin E: 0.19mg (1.29%), Calcium: 11.72mg (1.17%)