



Pineapple Drop Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



68 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup pineapple with juice crushed
- ☐ 1 teaspoon vanilla extract

- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white

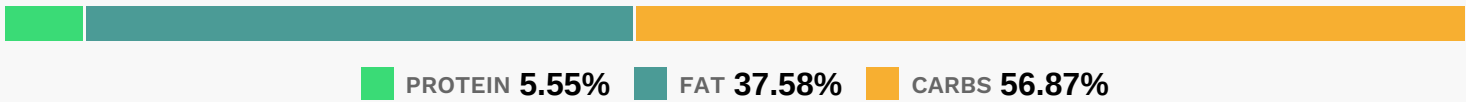
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream butter and sugars in large bowl until light and fluffy. Stir in egg and vanilla and mix well.
- ☐ Sift dry ingredients and add to creamed mixture. Stir in undrained pineapple and nuts until well blended. Refrigerate dough for 2 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ Drop dough by teaspoonfuls about 2 inches apart onto cookie sheets.
- ☐ Bake for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.4282608728694%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 67.53kcal (3.38%), Fat: 2.87g (4.41%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.47g (3.44%), Sugar: 5.07g (5.63%), Cholesterol: 8.49mg (2.83%), Sodium: 37.6mg (1.63%), Alcohol: 0.03g (100%), Alcohol %: 0.18% (100%), Protein: 0.95g (1.91%), Manganese: 0.08mg (4.18%), Vitamin B1: 0.06mg (3.71%), Selenium: 2.41µg (3.44%), Folate: 12.69µg (3.17%), Vitamin B2: 0.04mg (2.19%), Iron: 0.36mg (2.02%), Vitamin B3: 0.38mg (1.89%), Copper: 0.04mg (1.75%), Phosphorus: 15.19mg (1.52%), Vitamin A: 66.75IU (1.33%), Fiber: 0.3g (1.22%), Magnesium: 4.35mg (1.09%), Calcium: 10.77mg (1.08%)