



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.

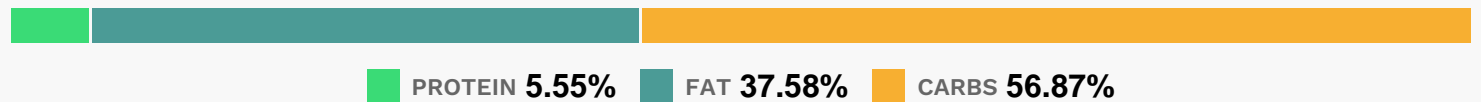
Sift dry ingredients and add to creamed mixture. Stir in undrained pineapple and nuts until well blended. Refrigerate dough for 2 hours.

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%)