



Pineapple Drop Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup brown sugar packed
- 0.5 cup butter
- 2 eggs
- 2 cups flour all-purpose
- 1 cup pineapple crushed drained
- 1 cup raisins
- 1 teaspoon vanilla extract

0.3 cup walnuts chopped

Equipment

bowl

frying pan

baking sheet

oven

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a cookie sheet.

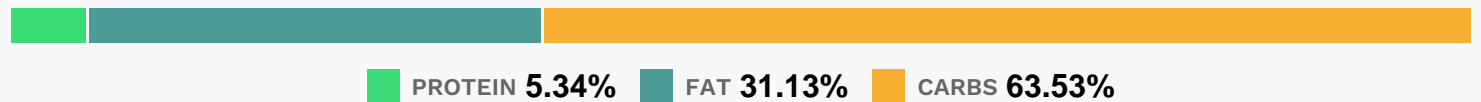
In a medium bowl, cream together the brown sugar and butter. Beat in the eggs and vanilla.

Combine the flour and baking powder, stir into the creamed mixture. Finally, fold in the pineapple, raisins and nuts. Drop by heaping spoonfuls onto the prepared pan.

Bake for 8 to 10 minutes in the preheated oven, until edges are light brown.

Remove from the baking sheet to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:24.65, Glycemic Load:16.8, Inflammation Score:-3, Nutrition Score:6.1930434522421%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 288.65kcal (14.43%), Fat: 10.25g (15.77%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 45.25g (16.45%), Sugar: 20.79g (23.1%), Cholesterol: 47.62mg (15.87%), Sodium: 151.11mg (6.57%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 3.95g (7.91%), Selenium: 9.9µg (14.14%), Vitamin B1: 0.21mg (13.93%), Manganese: 0.27mg (13.61%), Folate: 45.78µg (11.44%), Vitamin B2: 0.17mg (9.99%), Iron: 1.74mg (9.67%), Vitamin B3: 1.48mg (7.39%), Phosphorus: 73.53mg (7.35%), Calcium: 72.85mg (7.29%), Fiber: 1.81g (7.22%), Copper: 0.14mg (7.03%), Vitamin A: 286.31IU (5.73%), Potassium: 194.58mg (5.56%), Magnesium: 17.96mg (4.49%), Vitamin B6: 0.08mg (4.01%), Vitamin C: 2.54mg (3.08%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.37mg (2.48%), Vitamin E: 0.33mg (2.2%), Vitamin B12: 0.08µg (1.36%)