



## Pineapple Surprise Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



113 kcal

DESSERT

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 1.5 teaspoons cornstarch
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 2 tablespoons milk
- 1 cup pineapple crushed
- 0.5 cup shortening

- 1 teaspoon vanilla extract
- 0.8 cup sugar white

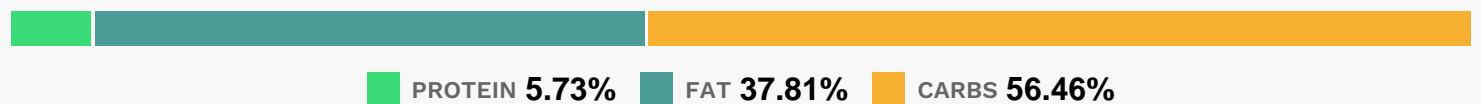
## Equipment

- oven
- cookie cutter

## Directions

- Cream shortening with sugar and well-beaten eggs. Stir in milk and vanilla. Sift flour with baking powder and mix into egg mixture. Chill dough until firm.
- Mix cornstarch and 3/4 cup sugar, add pineapple and lemon juice. Bring to a boiling point and boil gently until the consistency of jam, stirring frequently to prevent burning. Cool before using.
- Roll dough out thin and cut with cookie cutter or small glass. Put spoonful of filling on half the rounds, cover with others and seal edges with a fork.
- Sprinkle with sugar or cinnamon.
- Bake at 375 degrees F (190 degrees C) for 10 minutes or so.

## Nutrition Facts



## Properties

Glycemic Index:11.67, Glycemic Load:10.2, Inflammation Score:-1, Nutrition Score:2.3865217411%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

## Nutrients (% of daily need)

Calories: 113.07kcal (5.65%), Fat: 4.8g (7.38%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 15.65g (5.69%), Sugar: 7.78g (8.65%), Cholesterol: 13.79mg (4.6%), Sodium: 32.76mg (1.42%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 1.64g (3.27%), Selenium: 4.76µg (6.81%), Vitamin B1: 0.09mg (6.34%), Folate: 21.41µg (5.35%), Manganese: 0.09mg (4.37%), Vitamin B2: 0.07mg (4.32%), Iron: 0.62mg

(3.43%), Vitamin B3: 0.65mg (3.25%), Phosphorus: 26.07mg (2.61%), Vitamin K: 2.41µg (2.3%), Calcium: 22.42mg (2.24%), Vitamin E: 0.31mg (2.08%), Fiber: 0.46g (1.83%), Copper: 0.03mg (1.46%), Vitamin C: 1.17mg (1.42%), Vitamin B5: 0.14mg (1.37%), Magnesium: 4.54mg (1.13%)