



Raisin Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



150 kcal

DESSERT

Ingredients

- 1.8 teaspoons baking soda
- 2 cups brown sugar packed
- 2 eggs
- 3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.8 cup milk
- 0.8 cup raisins
- 1 cup shortening

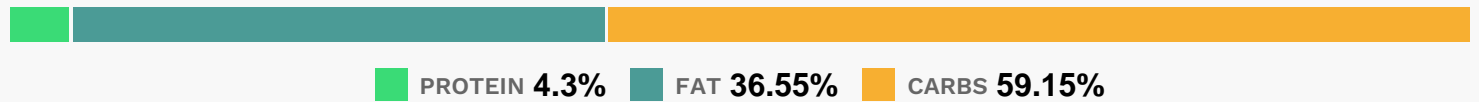
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, cream the shortening and brown sugar.
- Add eggs, mix well. Sift together the flour, cinnamon and baking soda; stir into the creamed mixture. Finally, stir in the milk and the raisins.
- Drop dough by rounded spoonfuls onto an unprepared cookie sheet.
- Bake for 10 to 12 minutes in the preheated oven.
- Remove from baking sheet to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.91, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:2.4647826221974%

Nutrients (% of daily need)

Calories: 150.32kcal (7.52%), Fat: 6.21g (9.55%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 22.09g (8.03%), Sugar: 12.14g (13.49%), Cholesterol: 9.7mg (3.23%), Sodium: 63.31mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Selenium: 4.55µg (6.49%), Vitamin B1: 0.09mg (6.01%), Folate: 20.43µg (5.11%), Manganese: 0.1mg (4.88%), Vitamin B2: 0.08mg (4.42%), Iron: 0.7mg (3.89%), Vitamin B3: 0.67mg (3.35%), Vitamin K: 3.1µg (2.95%), Vitamin E: 0.38mg (2.57%), Phosphorus: 24.01mg (2.4%), Calcium: 20.79mg (2.08%), Fiber: 0.52g (2.06%), Potassium: 63.56mg (1.82%), Copper: 0.03mg (1.59%), Vitamin B5: 0.16mg (1.58%), Magnesium: 5.23mg (1.31%), Vitamin B6: 0.02mg (1.13%)