

Raisin Lemon Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons lemon extract
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup raisins
- ☐ 1 cup rolled oats
- ☐ 0.5 teaspoon salt

- ☐ 1 cup shortening
- ☐ 1.5 cups sugar white

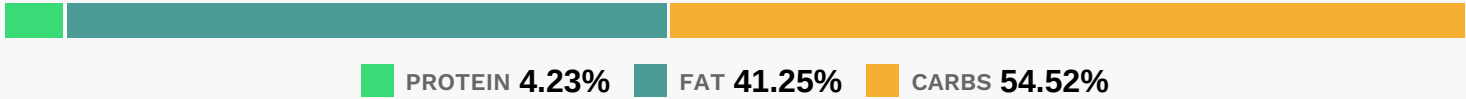
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease 2 cookie sheets.
- ☐ In large bowl, cream shortening, sugar, eggs, lemon juice and lemon extract.
- ☐ Mix until well blended. Blend in the flour, baking soda and salt. Stir in the oats and raisins. Drop dough by spoonfuls 2 inches apart on to cookie sheets.
- ☐ Bake for 12 to 15 minutes and transfer to racks to cool.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:8.9, Inflammation Score:-1, Nutrition Score:1.6826086912466%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 99.02kcal (4.95%), Fat: 4.65g (7.15%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.29g (4.83%), Sugar: 6.31g (7.01%), Cholesterol: 6.82mg (2.27%), Sodium: 50.92mg (2.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Manganese: 0.11mg (5.29%), Selenium: 2.87µg (4.11%), Vitamin B1: 0.05mg (3.6%), Folate: 11.28µg (2.82%), Vitamin B2: 0.04mg (2.56%), Iron: 0.43mg (2.4%), Vitamin K: 2.33µg (2.22%), Fiber: 0.52g (2.08%), Vitamin E: 0.29mg (1.95%), Phosphorus: 18.55mg (1.85%), Vitamin B3: 0.36mg (1.81%), Copper: 0.03mg (1.26%), Magnesium: 4.68mg (1.17%), Potassium: 40.58mg (1.16%), Vitamin B5: 0.1mg (1.02%)