

# Soft Pineapple Cookies

 Dairy Free

READY IN



25 min.

SERVINGS



36

CALORIES



80 kcal

DESSERT

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 1 cup brown sugar
- 8 ounce pineapple crushed canned
- 1 eggs
- 2 cups flour all-purpose
- 0.1 teaspoon salt
- 0.5 cup shortening

1 teaspoon vanilla extract

## Equipment

bowl

baking sheet

oven

wire rack

## Directions

Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets.

In a large bowl, cream together the shortening and sugar until light and fluffy.

Add the egg, beat well, then stir in the vanilla and pineapple.

Combine the flour, baking powder, baking soda and salt; gradually stir into the creamed mixture. Drop by rounded spoonfuls onto the prepared cookie sheet.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



**PROTEIN 4.53%** **FAT 34.03%** **CARBS 61.44%**

## Properties

Glycemic Index:4.64, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:1.4739130450332%

## Nutrients (% of daily need)

Calories: 79.61kcal (3.98%), Fat: 3.04g (4.67%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 12.07g (4.39%), Sugar: 6.86g (7.63%), Cholesterol: 4.55mg (1.52%), Sodium: 37.11mg (1.61%), Alcohol: 0.04g (100%), Alcohol %: 0.2% (100%), Protein: 0.91g (1.82%), Vitamin B1: 0.06mg (4.13%), Selenium: 2.83µg (4.04%), Folate: 13.66µg (3.41%), Manganese: 0.05mg (2.6%), Vitamin B2: 0.04mg (2.43%), Iron: 0.43mg (2.36%), Vitamin B3: 0.44mg (2.18%), Calcium: 17.65mg (1.76%), Vitamin K: 1.58µg (1.51%), Phosphorus: 14.26mg (1.43%), Vitamin E: 0.19mg (1.29%), Fiber: 0.27g (1.08%), Copper: 0.02mg (1.03%)