

Sunshine Pineapple Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



145 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter
- 20 ounce pineapple with juice crushed canned
- 1 eggs
- 3.5 cups flour all-purpose
- 0.3 teaspoon ground nutmeg
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

2 tablespoons vanilla extract

1.5 cups sugar white

Equipment

baking sheet

oven

Directions

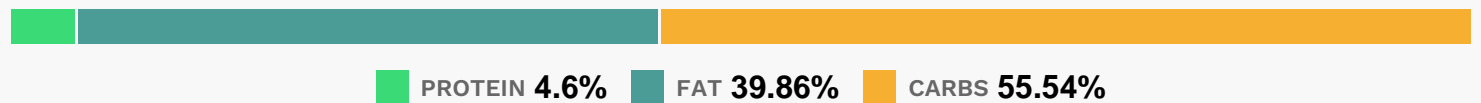
Cream together butter or margarine, sugar, egg, and vanilla.

Add crushed pineapple with juice and chopped pecans. Sift together flour with salt, nutmeg and baking soda.

Drop by tablespoonfuls (if there is any left at this point) onto greased cookie sheet 2 1/2 inches apart.

Bake at 350 degrees F (175 degrees C) 10–15 minutes or until lightly golden brown. Cool.

Nutrition Facts



Properties

Glycemic Index:7.64, Glycemic Load:12.54, Inflammation Score:-2, Nutrition Score:2.7521739252236%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 145.34kcal (7.27%), Fat: 6.49g (9.98%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 19.66g (7.15%), Sugar: 10.76g (11.95%), Cholesterol: 18.1mg (6.03%), Sodium: 105.53mg (4.59%), Alcohol: 0.25g (100%), Alcohol %: 0.68% (100%), Protein: 1.68g (3.37%), Vitamin B1: 0.12mg (8.16%), Manganese: 0.15mg (7.69%), Selenium: 4.73µg (6.76%), Folate: 24.13µg (6.03%), Vitamin B2: 0.08mg (4.43%), Vitamin B3: 0.79mg (3.93%), Iron: 0.67mg (3.75%), Vitamin A: 172.91IU (3.46%), Copper: 0.05mg (2.73%), Fiber: 0.68g (2.72%),

Phosphorus: 22.43mg (2.24%), Vitamin C: 1.5mg (1.82%), Magnesium: 7.25mg (1.81%), Zinc: 0.19mg (1.29%), Vitamin E: 0.19mg (1.27%), Potassium: 43.23mg (1.24%), Vitamin B6: 0.02mg (1.14%)