

## Texas Lizzies

 Vegetarian

READY IN



30 min.

SERVINGS



100

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 pound candied cherries green red halved
- ☐ 3 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 2.5 cups golden raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 1 pound brown sugar light
- ☐ 1.5 cups pecans chopped
- ☐ 1.3 cups raisins
- ☐ 2 cups walnuts chopped
- ☐ 0.5 cup irish whiskey

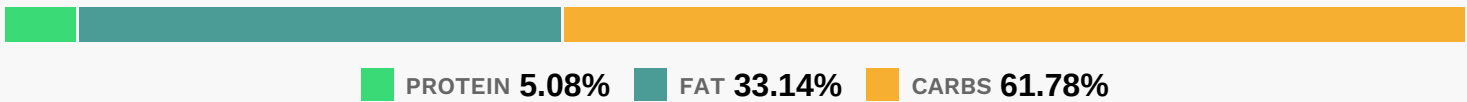
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Prepare cookie sheets by lining with parchment paper. In a medium bowl, toss together the golden raisins and dark raisins with the whiskey; set aside.
- ☐ In a large bowl, cream together the sugar and butter.
- ☐ Add the eggs one at a time, mix until light and fluffy. Sift together the flour, baking soda, cinnamon, and nutmeg; stir into the creamed mixture. Stir in the walnuts, pecans, cherries, and finally, the raisin and whiskey mixture.
- ☐ Drop cookies by rounded tablespoonfuls onto the prepared baking sheet about 2 inches apart.
- ☐ Bake in the preheated oven for 10 minutes. Cool on the baking sheet for 1 minute before removing to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:3.6, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:2.1308695732251%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg 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: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 103.27kcal (5.16%), Fat: 3.84g (5.91%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.35g (5.58%), Sugar: 8.81g (9.78%), Cholesterol: 7.35mg (2.45%), Sodium: 44.36mg (1.93%), Alcohol: 0.42g (100%), Alcohol %: 2.02% (100%), Protein: 1.32g (2.65%), Manganese: 0.21mg (10.34%), Copper: 0.09mg (4.26%), Vitamin B1: 0.06mg (3.75%), Selenium: 2.17µg (3.1%), Fiber: 0.76g (3.02%), Folate: 11.54µg (2.88%), Iron: 0.48mg (2.68%), Phosphorus: 26.04mg (2.6%), Vitamin B2: 0.04mg (2.58%), Magnesium: 9.09mg (2.27%), Potassium: 71.99mg (2.06%), Vitamin B3: 0.37mg (1.86%), Vitamin B6: 0.04mg (1.86%), Zinc: 0.21mg (1.42%), Calcium: 11.54mg (1.15%)