

# Carol's Pineapple Cookies

Carol Carter - Vero Beach, FL  
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## FOR THE COOKIES

1/4 cup butter  
3/4 cup shortening  
2 cups sugar  
2 eggs, well beaten  
4 1/2 cups flour  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
1 can crushed pineapple, drained

## FOR THE ICING

1 box powdered sugar  
1 egg  
1/2 stick butter  
1 teaspoon vanilla  
dash salt  
milk (as needed)

Preheat the oven to 350 degrees.

In a bowl, cream the butter, shortening, sugar and well-beaten eggs.

In a separate bowl, combine the baking soda and salt. Add the crushed pineapple. Mix in the wet ingredients.

Drop by teaspoon onto a baking sheet.

Bake for 14 minutes.

Make the icing by creaming the egg, butter, vanilla and salt. Mix in the powdered sugar, a small amount at a time. Use milk to get the right consistency to spread on the cookies.

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Per Serving (excluding unknown items): 6619 Calories; 266g Fat (35.9% calories from fat); 79g Protein; 990g Carbohydrate; 18g Dietary Fiber; 884mg Cholesterol; 5185mg Sodium. Exchanges: 28 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Fruit; 50 1/2 Fat; 35 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	6619	<b>Vitamin B6 (mg):</b>	.6mg
<b>% Calories from Fat:</b>	35.9%	<b>Vitamin B12 (mcg):</b>	2.1mcg
<b>% Calories from Carbohydrates:</b>	59.3%	<b>Thiamin B1 (mg):</b>	4.8mg
<b>% Calories from Protein:</b>	4.7%	<b>Riboflavin B2 (mg):</b>	3.6mg
<b>Total Fat (g):</b>	266g	<b>Folacin (mcg):</b>	233mcg
<b>Saturated Fat (g):</b>	101g	<b>Niacin (mg):</b>	34mg
<b>Monounsaturated Fat (g):</b>	101g	<b>Caffeine (mg):</b>	0mg

**Polyunsaturated Fat (g):** 48g  
**Cholesterol (mg):** 884mg  
**Carbohydrate (g):** 990g  
**Dietary Fiber (g):** 18g  
**Protein (g):** 79g  
**Sodium (mg):** 5185mg  
**Potassium (mg):** 1148mg  
**Calcium (mg):** 244mg  
**Iron (mg):** 30mg  
**Zinc (mg):** 6mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 4295IU  
**Vitamin A (r.e.):** 1078RE

**Alcohol (kcal):** 13  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 28  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 2 1/2  
**Non-Fat Milk:** 0  
**Fat:** 50 1/2  
**Other Carbohydrates:** 35

## Nutrition Facts

### Amount Per Serving

**Calories** 6619                      **Calories from Fat:** 2378

### % Daily Values\*

<b>Total Fat</b> 266g	410%
Saturated Fat 101g	506%
<b>Cholesterol</b> 884mg	295%
<b>Sodium</b> 5185mg	216%
<b>Total Carbohydrates</b> 990g	330%
Dietary Fiber 18g	72%
<b>Protein</b> 79g	
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<b>Vitamin A</b>	86%
<b>Vitamin C</b>	40%
<b>Calcium</b>	24%
<b>Iron</b>	167%

\* Percent Daily Values are based on a 2000 calorie diet.