

Fruit Cocktail Cookies

Kim Thomas - Palm City, FL
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- 1 1/2 cups white sugar
- 1 cup shortening
- 3 eggs
- 1 teaspoon salt
- 2 tablespoons molasses
- 2 tablespoons cinnamon
- 1 teaspoon baking soda
- ALMOST 4 cups flour
- 1 can well-drained fruit cocktail
- 1 large package chocolate chips

Preheat the oven to 375 degrees.

Cream the sugar and shortening, then mix in the eggs.

Mix in the molasses, salt, cinnamon, baking soda and flour.

Add in the fruit and chocolate chips last.

Spoon onto a cookie sheet.

Bake for about 14 minutes.

Per Serving (excluding unknown items): 3247 Calories; 287g Fat (75.4% calories from fat); 29g Protein; 182g Carbohydrate; 21g Dietary Fiber; 636mg Cholesterol; 3644mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 55 1/2 Fat; 11 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 3247 |
| % Calories from Fat: | 75.4% |
| % Calories from Carbohydrates: | 21.3% |
| % Calories from Protein: | 3.4% |
| Total Fat (g): | 287g |
| Saturated Fat (g): | 95g |
| Monounsaturated Fat (g): | 119g |
| Polyunsaturated Fat (g): | 58g |
| Cholesterol (mg): | 636mg |
| Carbohydrate (g): | 182g |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .6mg |
| Vitamin B12 (mcg): | 1.9mcg |
| Thiamin B1 (mg): | .3mg |
| Riboflavin B2 (mg): | .9mg |
| Folacin (mcg): | 83mcg |
| Niacin (mg): | 2mg |
| Caffeine (mg): | 139mg |
| Alcohol (kcal): | 0 |
| % Refuse: | n n% |

Food Exchanges

Dietary Fiber (g): 21g
Protein (g): 29g
Sodium (mg): 3644mg
Potassium (mg): 1687mg
Calcium (mg): 415mg
Iron (mg): 17mg
Zinc (mg): 6mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 814IU
Vitamin A (r.e.): 218RE

Grain (Starch): 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 55 1/2
Other Carbohydrates: 11

Nutrition Facts

Amount Per Serving

Calories 3247 **Calories from Fat:** 2447

% Daily Values*

| | |
|---------------------------------|------|
| Total Fat 287g | 441% |
| Saturated Fat 95g | 476% |
| Cholesterol 636mg | 212% |
| Sodium 3644mg | 152% |
| Total Carbohydrates 182g | 61% |
| Dietary Fiber 21g | 82% |
| Protein 29g | |
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| Vitamin A | 16% |
| Vitamin C | 6% |
| Calcium | 41% |
| Iron | 94% |

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