



## Amish Cookies

 Vegetarian

READY IN



60 min.

SERVINGS



60

CALORIES



91 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 0.8 teaspoon cream of tartar
- ☐ 2 eggs
- ☐ 4.5 cups flour all-purpose
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup vegetable oil

☐ 1 cup sugar white

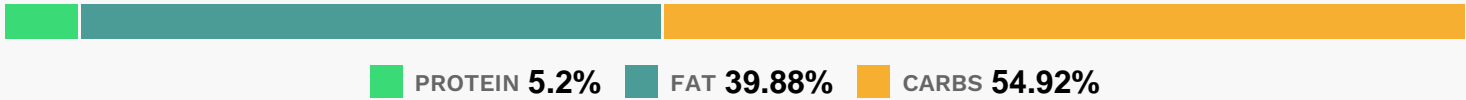
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- ☐ In a large bowl, mix together the butter, oil, white sugar, and confectioners' sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla.
- ☐ Combine the flour, baking soda, and cream of tartar. Stir into the sugar mixture until just combined. Drop dough by teaspoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in preheated oven, or until bottoms are lightly browned.
- ☐ Remove from baking sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:3.25, Glycemic Load:7.5, Inflammation Score:-1, Nutrition Score:1.6547825977854%

## Nutrients (% of daily need)

Calories: 90.58kcal (4.53%), Fat: 4.04g (6.21%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 12.26g (4.46%), Sugar: 5.32g (5.91%), Cholesterol: 13.59mg (4.53%), Sodium: 44.93mg (1.95%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1.19g (2.37%), Selenium: 3.7µg (5.28%), Vitamin B1: 0.07mg (4.96%), Folate: 17.96µg (4.49%), Vitamin B2: 0.06mg (3.26%), Manganese: 0.06mg (3.24%), Vitamin B3: 0.56mg (2.78%), Iron: 0.47mg (2.59%), Vitamin A: 102.47IU (2.05%), Vitamin K: 1.63µg (1.56%), Phosphorus: 13.94mg (1.39%), Vitamin E: 0.17mg (1.12%), Fiber: 0.25g (1.01%)