

## Ammonia Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



60

CALORIES



84 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 teaspoon peppermint extract
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cup heavy whipping cream sour
- ☐ 2.5 cups sugar white

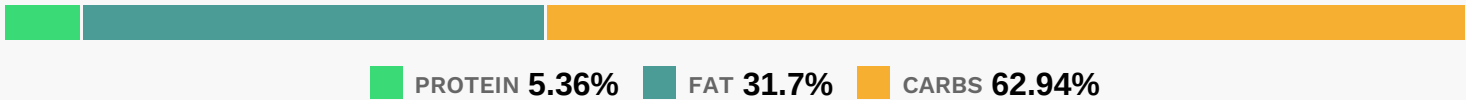
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a large bowl, cream together the white sugar and butter until smooth. Beat in the eggs one at a time, then stir in the sour cream, milk and peppermint extract.
- ☐ Combine the salt and bakers' ammonia with 2 cups of the flour and blend into the mixture. Gradually add more flour to make a stiff dough. Leave the dough soft for drop cookies or add more flour to make cut-out cookies. Drop dough from heaping spoonfuls onto the prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, or until golden. When cool, ice with a simple confectioners' glaze that has been flavored with peppermint if desired.

# Nutrition Facts



# Properties

Glycemic Index:3.88, Glycemic Load:9.3, Inflammation Score:-1, Nutrition Score:1.3921739036298%

# Nutrients (% of daily need)

Calories: 84.34kcal (4.22%), Fat: 3.01g (4.63%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 13.29g (4.83%), Sugar: 8.65g (9.61%), Cholesterol: 15.89mg (5.3%), Sodium: 37.44mg (1.63%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Protein: 1.15g (2.29%), Selenium: 3.11µg (4.45%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.06mg (3.28%), Folate: 12.87µg (3.22%), Manganese: 0.04mg (2.22%), Vitamin A: 98.27IU (1.97%), Vitamin B3: 0.38mg (1.9%), Iron: 0.34mg (1.87%), Phosphorus: 17.99mg (1.8%), Calcium: 11.03mg (1.1%)