

Angel Cookies II

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 4 cups confectioners' sugar
- ☐ 2.8 cups flour all-purpose sifted
- ☐ 2.3 teaspoons salt
- ☐ 3 cups shortening
- ☐ 1 tablespoon vanilla extract
- ☐ 4 ounces walnuts chopped

Equipment

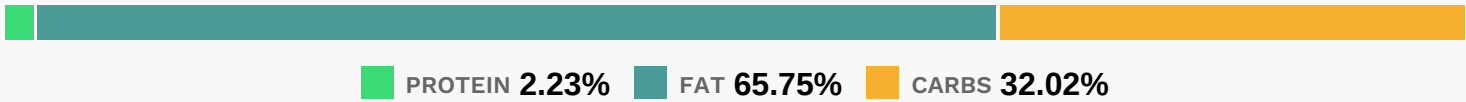
- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Sift together flour, confectioners' sugar and salt in large mixer bowl.
- ☐ Add the shortening, vanilla and chopped walnuts. Using low speed of an electric mixer, mix all ingredients until just blended.
- ☐ Roll dough on floured counter into 1 1/2 inch cylinders. Refrigerate for at least 30 minutes until firm enough to slice.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper.
- ☐ Remove dough from the refrigerator and slice into 3/8 inch thick slices.
- ☐ Place cookies on prepared cookie sheets.
- ☐ Bake cookies at 350 degrees F (175 degrees C) for 10 minutes. Cookies should be white, if they turn brown reduce the cooking time.

Nutrition Facts



Properties

Glycemic Index:1.32, Glycemic Load:2.66, Inflammation Score:-1, Nutrition Score:1.3965217405525%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 129.64kcal (6.48%), Fat: 9.62g (14.79%), Saturated Fat: 2.24g (14%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 10.3g (3.75%), Sugar: 6.6g (7.33%), Cholesterol: 0mg (0%), Sodium: 73.29mg (3.19%), Alcohol: 0.06g (100%), Alcohol %: 0.36% (100%), Protein: 0.73g (1.47%), Vitamin K: 4.6µg (4.38%), Manganese: 0.09mg (4.36%), Vitamin E: 0.54mg (3.58%), Vitamin B1: 0.04mg (2.97%), Folate: 10.28µg (2.57%), Selenium: 1.74µg (2.48%), Copper: 0.03mg (1.63%), Vitamin B2: 0.03mg (1.61%), Iron: 0.28mg (1.55%), Vitamin B3: 0.3mg (1.5%), Phosphorus:

10.62mg (1.06%)