

Aunt Neal's Old-Fashioned Tea Cakes



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

210 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 large eggs lightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar

- ☐ 24 servings sparkling sugar white
- ☐ 1 teaspoon vanilla extract

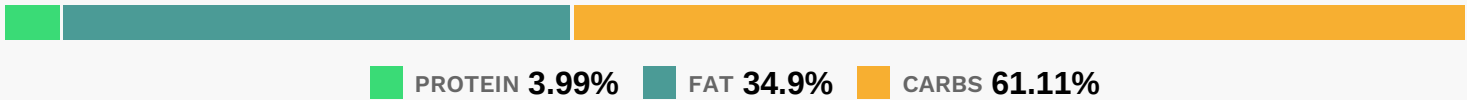
Equipment

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

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 1 cup sugar, beating well.
- ☐ Add egg and vanilla; beat well.
- ☐ Combine flour and next 3 ingredients; add to butter mixture alternately with milk, beginning and ending with flour mixture.
- ☐ Mix at low speed after each addition just until blended. Shape dough into 2 discs. Wrap in wax paper, and chill at least 1 hour.
- ☐ Roll each disc to 1/4" thickness on a floured surface.
- ☐ Cut with a 3 1/2" round cutter; place 1" apart on lightly greased baking sheets.
- ☐ Sprinkle with sparkling sugar.
- ☐ Bake at 400 for 7 to 8 minutes or until edges are lightly browned. Cool 1 minute on baking sheets; remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:22.96, Inflammation Score:-2, Nutrition Score:2.9556521902914%

Nutrients (% of daily need)

Calories: 209.57kcal (10.48%), Fat: 8.25g (12.69%), Saturated Fat: 5.05g (31.53%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 32.08g (11.66%), Sugar: 20.61g (22.9%), Cholesterol: 28.7mg (9.57%), Sodium: 155.15mg (6.75%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.12g (4.25%), Selenium: 6.25µg (8.93%), Vitamin B1: 0.13mg (8.46%), Folate: 29.86µg (7.46%), Vitamin B2: 0.1mg (5.94%), Manganese: 0.11mg (5.43%), Vitamin A: 255.85IU (5.12%), Vitamin B3: 0.93mg (4.67%), Iron: 0.79mg (4.4%), Phosphorus: 32.07mg (3.21%), Calcium: 22.08mg (2.21%), Vitamin E: 0.25mg (1.69%), Fiber: 0.42g (1.69%), Vitamin B5: 0.13mg (1.3%), Copper: 0.03mg (1.28%), Magnesium: 4.55mg (1.14%), Zinc: 0.17mg (1.12%), Vitamin B12: 0.06µg (1.03%)