



Beth's Orange Cookies

READY IN



45 min.

SERVINGS



60

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 tablespoons butter melted
- ☐ 1.5 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 5 cups flour all-purpose
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1 teaspoon salt

- ☐ 1 cup shortening
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

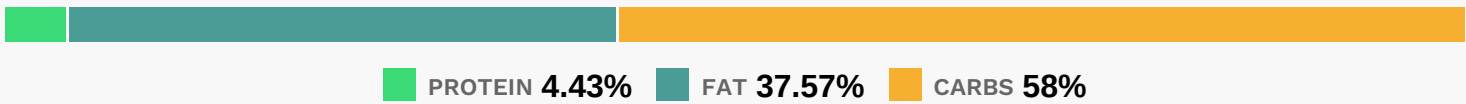
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream white sugar and shortening; add eggs and stir.
- ☐ Add sour cream and 1 teaspoon vanilla; stir and set aside. Sift together flour, baking powder, baking soda, and salt.
- ☐ Add little by little to the creamed mixture and stir well.
- ☐ Add 3/4 cup orange juice concentrate, and 2 tablespoons orange zest. Drop onto greased cookie sheets by teaspoonfuls.
- ☐ Bake at 375 degrees F (190 degrees C) for about 10 minutes. Frost cookies when they are cool.
- ☐ Mix together 1/2 teaspoon orange zest, 2 Tablespoons of the thawed orange juice concentrate, 1 teaspoon vanilla, 4 Tablespoons of melted butter, 1 1/2 cups confectioners' sugar or enough to make frosting of spreading consistency.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:10.44, Inflammation Score:-1, Nutrition Score:2.0039130300283%

Nutrients (% of daily need)

Calories: 122.84kcal (6.14%), Fat: 5.18g (7.97%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.71g (6.44%), Sugar: 9.91g (11.01%), Cholesterol: 9.72mg (3.24%), Sodium: 80.92mg (3.52%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.37g (2.75%), Selenium: 4.19µg (5.99%), Vitamin B1:

0.09mg (5.68%), Folate: 20.39µg (5.1%), Vitamin B2: 0.07mg (3.98%), Manganese: 0.07mg (3.64%), Vitamin B3: 0.63mg (3.13%), Iron: 0.54mg (2.98%), Phosphorus: 20.52mg (2.05%), Vitamin K: 1.98µg (1.88%), Vitamin E: 0.27mg (1.8%), Calcium: 14.69mg (1.47%), Fiber: 0.29g (1.15%), Vitamin A: 57.06IU (1.14%), Vitamin B5: 0.11mg (1.08%)