



Brown Sugar Cookies II

READY IN



45 min.

SERVINGS



66

CALORIES



84 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 0.7 cup butter softened
- 2 eggs
- 3.3 cups flour all-purpose
- 1 teaspoon salt
- 0.7 cup shortening
- 2 teaspoons vanilla extract
- 1 cup sugar white

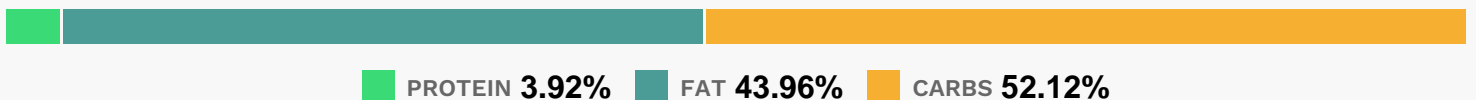
Equipment

- baking sheet
- oven
- wire rack
- plastic wrap

Directions

- Mix shortening, butter or margarine, sugars, eggs and vanilla thoroughly. Stir in all purpose or unbleached flour, baking soda and salt.
- Turn dough onto lightly floured board. Shape dough into ball with lightly floured hands, pressing to make dough compact.
- Cut dough in half.
- Shape each half into a roll 2 inches in diameter and about 8 inches long by gently rolling dough back and forth on floured board.
- Roll dough onto plastic wrap: wrap and twist ends tightly. Dough can be refrigerated up to 1 month or frozen up to 3 months.
- Preheat oven to 375 degrees F (190 degrees C).
- Cut roll into 1/4-inch slices. (It is not necessary to thaw frozen dough before slicing.)
- Place slices about 2 inches apart on ungreased baking sheet.
- Bake 9 to 11 minutes. Immediately remove cookies from baking sheet onto wire rack.
- Add 1 cup mini semisweet chocolate chips and 1 cup chopped nuts with the flour.
- OATMEAL-COCONUT: Reduce flour to 2 3/4 cups.
- Add 1 cup flaked coconut and 1 cup quick-cooking oats with the flour.
- Add 1 cup whole candied cherries, 1/2 cup chopped nuts and 1/2 cup cut-up mixed candied fruit with the flour.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:5.51, Inflammation Score:-1, Nutrition Score:1.1952173956062%

Nutrients (% of daily need)

Calories: 83.74kcal (4.19%), Fat: 4.13g (6.35%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.85g (3.94%), Sugar: 6.3g (7%), Cholesterol: 9.89mg (3.3%), Sodium: 69.63mg (3.03%), Alcohol: 0.04g (100%), Alcohol %: 0.29% (100%), Protein: 0.83g (1.65%), Selenium: 2.58µg (3.68%), Vitamin B1: 0.05mg (3.29%), Folate: 11.99µg (3%), Manganese: 0.05mg (2.25%), Vitamin B2: 0.04mg (2.23%), Iron: 0.34mg (1.87%), Vitamin B3: 0.37mg (1.85%), Vitamin E: 0.2mg (1.32%), Vitamin A: 64.5IU (1.29%), Vitamin K: 1.28µg (1.22%)