



Butter Crisps

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter
- ☐ 8 ounce cream cheese
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

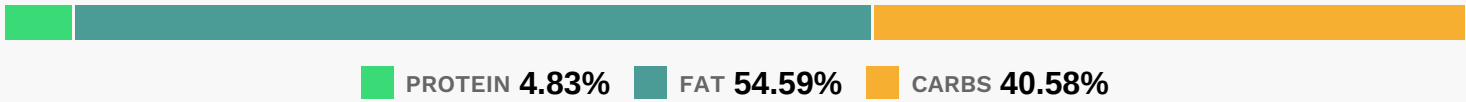
Equipment

☐ oven

Directions

- ☐ Cream together the butter and cream cheese. Gradually add sugar and egg continue beating until blended.
- ☐ Add flour and baking powder gradually to butter/cream cheese mix. Chill dough 1-2 hours.
- ☐ Roll out on floured board and cut in desired shapes.
- ☐ Bake approximately 12 minutes or until light brown at 350 degrees F (175 degrees C). Frost with desired frosting.

Nutrition Facts



Properties

Glycemic Index:13.09, Glycemic Load:13.17, Inflammation Score:-3, Nutrition Score:2.8073913007975%

Nutrients (% of daily need)

Calories: 183.52kcal (9.18%), Fat: 11.25g (17.31%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 18.47g (6.72%), Sugar: 8.74g (9.71%), Cholesterol: 36.7mg (12.23%), Sodium: 102.29mg (4.45%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 2.24g (4.48%), Selenium: 5.93µg (8.48%), Vitamin A: 373.18IU (7.46%), Vitamin B1: 0.11mg (7.04%), Folate: 25.82µg (6.46%), Vitamin B2: 0.1mg (5.85%), Manganese: 0.09mg (4.55%), Vitamin B3: 0.78mg (3.92%), Iron: 0.66mg (3.68%), Phosphorus: 31.91mg (3.19%), Vitamin E: 0.33mg (2.19%), Calcium: 19.41mg (1.94%), Vitamin B5: 0.15mg (1.49%), Fiber: 0.35g (1.41%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.12%), Magnesium: 4.17mg (1.04%)