



Buttermilk Sugar Cookies

READY IN



45 min.

SERVINGS



72

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 cups buttermilk
- ☐ 4 eggs beaten
- ☐ 6 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 2 cups shortening
- ☐ 2 cups sugar
- ☐ 72 servings optional: colored sugar

- ☐ 16 oz butter cream frosting
- ☐ 1 tablespoon vanilla extract

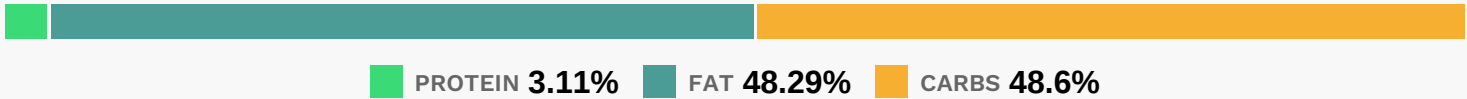
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Blend together sugar, shortening and eggs.
- ☐ Add vanilla and buttermilk.
- ☐ In a separate bowl, combine flour, baking powder, baking soda and salt; stir into sugar mixture.
- ☐ Add more flour as needed to make a firm dough.
- ☐ Chill for 2 to 3 hours or overnight.
- ☐ On a floured surface, roll out dough to a 1/4-inch thickness.
- ☐ Cut out with cookie cutters; place on greased baking sheets.
- ☐ Bake at 350 degrees for 7 to 8 minutes.
- ☐ Let cool. Frost and decorate as desired.

Nutrition Facts



Properties

Glycemic Index:5.39, Glycemic Load:18.15, Inflammation Score:-2, Nutrition Score:2.4543478333432%

Nutrients (% of daily need)

Calories: 209.25kcal (10.46%), Fat: 11.42g (17.56%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 25.57g (9.3%), Sugar: 17.91g (19.9%), Cholesterol: 23.37mg (7.79%), Sodium: 115.82mg (5.04%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.65g (3.3%), Selenium: 4.7µg (6.71%), Vitamin B1: 0.09mg (5.82%), Folate: 20.73µg (5.18%), Vitamin B2: 0.08mg (4.69%), Manganese: 0.07mg (3.66%), Vitamin A: 181.63IU

(3.63%), Vitamin E: 0.53mg (3.55%), Vitamin K: 3.53µg (3.36%), Vitamin B3: 0.63mg (3.13%), Iron: 0.56mg (3.12%), Phosphorus: 26.93mg (2.69%), Calcium: 22.17mg (2.22%), Vitamin B5: 0.15mg (1.54%), Fiber: 0.28g (1.13%), Vitamin B12: 0.06µg (1.05%)