

Classic Dairy-Free Snickerdoodles

airy Free







DESSERT

Ingredients

2.8 cups flour all-purpose sifted (sift or whisk, then measure)
2 teaspoons cream of tartar (see tips in post above)
1 teaspoon baking soda
0.5 teaspoon salt
1.5 cups tablespoons sugar divided
1 cup shortening (see recommendations in post above)
2 eggs
2 teaspoons ground cinnamon

Equipment		
	bowl	
	baking sheet	
	baking paper	
	oven	
	whisk	
	mixing bowl	
	wire rack	
Directions		
	Preheat your oven to 375°F and line two baking sheets with parchment paper.	
	In a large bowl, whisk together the flour, cream of tartar, baking soda, and salt.	
	In a large mixing bowl, cream the 1½ cups sugar and shortening.	
	Add the eggs, one at a time, mixing after each addition. Stir in the flour mixture until combined.	
	In a small bowl, stir together the remaining 3 tablespoons sugar and the cinnamon.	
	Roll the dough into walnut sized balls and roll the balls in the sugar mixture to coat.	
	Place the cookies dough balls about 2 inches apart on your prepared baking sheets. You can optionally flatten them a little with the bottom of a glass.	
	Bake the cookies for 8 to 10 minutes. They will crisp up as they cool, so don't overbake them. The cookies should be just slightly golden around the edge.	
	Gently remove the cookies to a wire rack to cool.	
Nutrition Facts		
	PROTEIN 4.23% FAT 44.32% CARBS 51.45%	

Properties

Glycemic Index:4.17, Glycemic Load:11.09, Inflammation Score:-1, Nutrition Score:1.8991304212452%

Nutrients (% of daily need)

Calories: 121.38kcal (6.07%), Fat: 6.05g (9.31%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 15.48g (5.63%), Sugar: 8.35g (9.28%), Cholesterol: 9.09mg (3.03%), Sodium: 66.77mg (2.9%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.3g (2.6%), Selenium: 4.04µg (5.77%), Vitamin B1: 0.08mg (5.14%), Folate: 18.63µg (4.66%), Manganese: 0.09mg (4.3%), Vitamin B2: 0.06mg (3.53%), Vitamin K: 3.1µg (2.95%), Vitamin B3: 0.57mg (2.84%), Iron: 0.51mg (2.83%), Vitamin E: 0.38mg (2.55%), Phosphorus: 15.23mg (1.52%), Fiber: 0.32g (1.27%), Potassium: 41.74mg (1.19%), Vitamin B5: 0.12mg (1.18%)