

Cornmeal Cookies II

READY IN



45 min.

SERVINGS



24

CALORIES



127 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon butter extract flavored
- ☐ 0.5 cup cornmeal
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

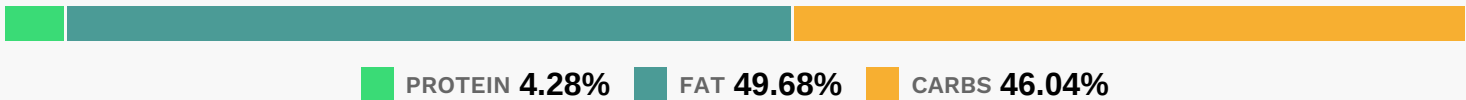
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cream together the shortening and the sugar.
- ☐ Add the egg. Sift together the flour, baking powder and cornmeal.
- ☐ Add in the vanilla, butter flavoring and salt.
- ☐ Drop by spoonful onto greased cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) until edges just turning slightly brown. Do not overbake.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:10.16, Inflammation Score:-1, Nutrition Score:1.9930434674025%

Nutrients (% of daily need)

Calories: 126.54kcal (6.33%), Fat: 7.04g (10.83%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 14.16g (5.15%), Sugar: 6.34g (7.04%), Cholesterol: 7.27mg (2.42%), Sodium: 46.46mg (2.02%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.37g (2.73%), Selenium: 3.45µg (4.93%), Vitamin B1: 0.07mg (4.89%), Folate: 16.29µg (4.07%), Manganese: 0.08mg (3.79%), Vitamin K: 3.46µg (3.29%), Vitamin B2: 0.05mg (3.03%), Iron: 0.52mg (2.89%), Vitamin E: 0.43mg (2.89%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 23.23mg (2.32%), Fiber: 0.52g (2.09%), Magnesium: 5.55mg (1.39%), Vitamin B6: 0.03mg (1.31%), Vitamin B5: 0.13mg (1.26%), Calcium: 12.4mg (1.24%), Zinc: 0.18mg (1.21%), Copper: 0.02mg (1.06%)