



Cornmeal Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



136 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup cornmeal
- ☐ 2 egg yolks
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup granulated sugar for decoration
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon orange extract
- ☐ 1 teaspoon orange zest

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

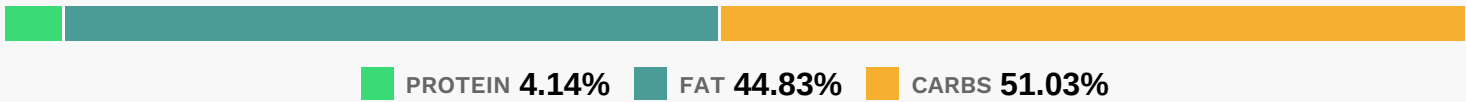
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ in a medium bowl, cream sugar and butter until fluffy.
- ☐ Add egg yolks, vanilla, orange extract, and orange zest. Cream well. Sift together the flour, cornmeal, and salt, and stir into the creamed mixture. Refrigerate dough until firm. For refrigerator cookies, roll dough into logs before refrigerating.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Roll out cookie dough to 1/4 inch thickness.
- ☐ Cut out cookies with a cookie cutter and place on ungreased cookie sheets. For refrigerator cookies, slice logs into 1/4 inch slices.
- ☐ Sprinkle cookies with sugar and ground nutmeg.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Edges should be golden brown.
- ☐ Remove cookies from pan to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.46, Glycemic Load:11.97, Inflammation Score:-2, Nutrition Score:2.0134782836489%

Nutrients (% of daily need)

Calories: 135.98kcal (6.8%), Fat: 6.86g (10.56%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 16.9g (6.14%), Sugar: 9g (10%), Cholesterol: 29.23mg (9.74%), Sodium: 88.43mg (3.84%), Alcohol: 0.05g (100%), Alcohol %: 0.2% (100%), Protein: 1.42g (2.85%), Selenium: 3.24µg (4.63%), Vitamin B1: 0.07mg (4.51%), Vitamin A: 206.69IU (4.13%), Manganese: 0.08mg (3.93%), Folate: 15.25µg (3.81%), Vitamin B2: 0.05mg (2.74%), Iron: 0.49mg (2.72%), Fiber: 0.68g (2.71%), Phosphorus: 25.23mg (2.52%), Vitamin B3: 0.5mg (2.52%), Vitamin B6: 0.04mg (1.93%), Magnesium: 7.32mg (1.83%), Zinc: 0.24mg (1.63%), Vitamin E: 0.23mg (1.53%), Copper: 0.02mg (1.19%), Vitamin B5: 0.1mg (1.03%)