

Drop Nut Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



157 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups brown sugar packed
- ☐ 2 teaspoons cream of tartar
- ☐ 2 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.3 cup milk sour

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped

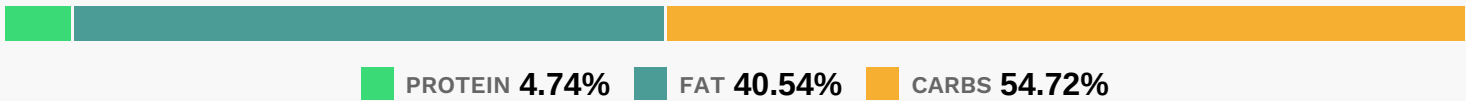
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cream together the shortening and the sugar.
- ☐ Add the eggs and beat for 2 minutes. Beat in the vanilla, salt, sour milk, flour, cream of tartar, baking soda and cinnamon. Stir in the chopped walnuts. Drop cookies 3 inches apart on a baking sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 12 minutes. Chopped dates can be added for extra flavor.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:6.76, Inflammation Score:-1, Nutrition Score:2.7986956600748%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 157.05kcal (7.85%), Fat: 7.16g (11.02%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 21.28g (7.74%), Sugar: 12.04g (13.37%), Cholesterol: 9.3mg (3.1%), Sodium: 54.69mg (2.38%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.88g (3.77%), Manganese: 0.16mg (7.86%), Selenium: 5.13µg (7.33%), Vitamin B1: 0.1mg (6.94%), Folate: 25.11µg (6.28%), Vitamin B2: 0.08mg (4.48%), Iron: 0.76mg (4.2%), Vitamin B3: 0.75mg (3.77%), Vitamin K: 3.14µg (2.99%), Vitamin E: 0.4mg (2.64%), Phosphorus: 25.84mg (2.58%), Copper: 0.05mg (2.57%), Potassium: 70.25mg (2.01%), Fiber: 0.47g (1.87%), Calcium: 17.66mg (1.77%), Magnesium: 6.89mg (1.72%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.02mg (1.22%), Zinc: 0.18mg (1.2%)