



Evelyn's Rolled Sugar Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



133 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 eggs
- 3.5 cups flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 1 cup shortening
- 1.5 cups granulated sugar white

Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cream together the shortening and sugar.
- Mix in eggs and beat well.
- In a separate bowl, sift together the flour, baking powder, baking soda and salt.
- Add flour mixture to shortening mixture in thirds. After each third, add 1/4 cup of the milk and mix well. Dough will be soft.
- Put dough on well-floured surface and knead in just enough additional flour so it can be rolled.
- Cut with your favorite cookie cutter.
- Transfer to parchment-lined baking sheet and bake for 10 minutes. I rotate my sheets, baking each sheet 5 minutes on middle, then 5 minutes on top rack.

Nutrition Facts



PROTEIN 5.15% **FAT 41.73%** **CARBS 53.12%**

Properties

Glycemic Index:7.64, Glycemic Load:12.65, Inflammation Score:-1, Nutrition Score:2.3591304317765%

Nutrients (% of daily need)

Calories: 133.26kcal (6.66%), Fat: 6.24g (9.59%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 17.53g (6.37%), Sugar: 8.6g (9.56%), Cholesterol: 9.7mg (3.23%), Sodium: 80.43mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Selenium: 5.02µg (7.17%), Vitamin B1: 0.1mg (6.69%), Folate: 23.39µg (5.85%), Vitamin B2: 0.08mg (4.69%), Manganese: 0.08mg (4.21%), Vitamin B3: 0.72mg (3.62%), Iron: 0.63mg (3.49%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.38mg (2.56%), Phosphorus: 25.53mg (2.55%),

Calcium: 16.13mg (1.61%), Vitamin B5: 0.15mg (1.48%), Fiber: 0.33g (1.31%)