

# For-My-Love Sugar Cookies

 Dairy Free

READY IN



30 min.

SERVINGS



33

CALORIES



167 kcal

DESSERT

## Ingredients

- 2 eggs
- 1 teaspoon orange extract
- 3 cups self raising flour
- 0.8 cup shortening
- 1.5 cups sugar
- 33 servings sugar

## Equipment

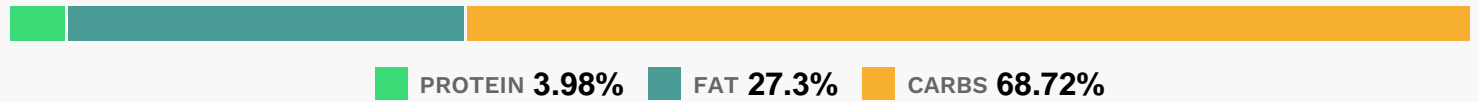
- bowl

- baking sheet
- oven
- cookie cutter

## Directions

- In a large bowl, cream shortening and sugar until light and fluffy. Beat in eggs and extract. Gradually add flour and mix well. Cover and refrigerate for 1 hour or until easy to handle.
- On a floured surface, roll out dough to 1/4-in. thickness.
- Cut with lightly floured 2-in. cookie cutters.
- Sprinkle with colored sugar if desired.
- Place 1 in. apart on ungreased baking sheets.
- Bake at 375° for 6–8 minutes or until lightly browned.
- Remove to wire racks to cool.

## Nutrition Facts



## Properties

Glycemic Index:6.28, Glycemic Load:20.06, Inflammation Score:-1, Nutrition Score:1.3517391487308%

## Nutrients (% of daily need)

Calories: 167.22kcal (8.36%), Fat: 5.17g (7.95%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 29g (10.54%), Sugar: 21.09g (23.44%), Cholesterol: 9.92mg (3.31%), Sodium: 4.41mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Selenium: 5.46µg (7.8%), Manganese: 0.09mg (4.58%), Vitamin K: 2.52µg (2.4%), Vitamin E: 0.36mg (2.39%), Phosphorus: 16.3mg (1.63%), Vitamin B2: 0.02mg (1.35%), Folate: 5µg (1.25%), Vitamin B5: 0.12mg (1.22%), Copper: 0.02mg (1.2%), Fiber: 0.27g (1.09%)