



Grammie's Sweet Milk Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



102 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1 eggs
- 2 cups flour all-purpose
- 0.3 cup granulated sugar for decoration
- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon salt
- 0.5 cup shortening
- 0.8 cup condensed milk sweetened

1 cup sugar white

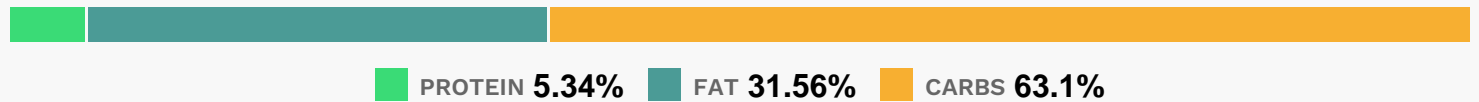
Equipment

oven

Directions

- Mix all ingredients, except flour.
- Add enough flour to make a rollable dough, about 2 cups.
- Roll out to approximately 1/2 inch thick.
- Cut with round biscuit cutter and sprinkle with sugar.
- Bake in a preheated 350 degree F (175 degree C) oven for 8 – 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.62, Glycemic Load:11.12, Inflammation Score:-1, Nutrition Score:1.692608686245%

Nutrients (% of daily need)

Calories: 101.68kcal (5.08%), Fat: 3.61g (5.56%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 16.07g (5.84%), Sugar: 10.89g (12.1%), Cholesterol: 6.71mg (2.24%), Sodium: 56.8mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.75%), Selenium: 3.72µg (5.31%), Vitamin B1: 0.06mg (4.09%), Vitamin B2: 0.07mg (3.99%), Folate: 13.99µg (3.5%), Phosphorus: 26.09mg (2.61%), Manganese: 0.05mg (2.46%), Vitamin B3: 0.42mg (2.12%), Iron: 0.37mg (2.05%), Calcium: 19.98mg (2%), Potassium: 60.47mg (1.73%), Vitamin K: 1.58µg (1.5%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.12mg (1.16%)