



Grandma Tibbitts Sugar Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



152 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup buttermilk
- 2 eggs
- 4 cups flour all-purpose
- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- 2 cups sugar white
- 1 cup lard

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Equipment

bowl

baking sheet

oven

wire rack

wooden spoon

cookie cutter

Directions

Preheat the oven to 400 degrees F (200 degrees C). Grease cookie sheets.

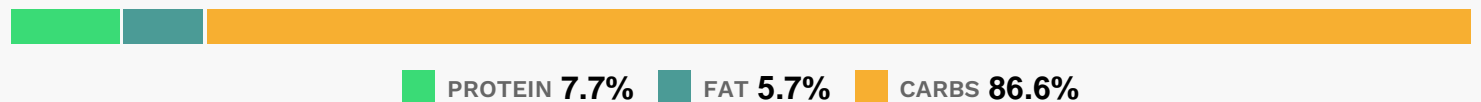
In a large bowl, cream together the lard and sugar. Beat in the eggs one at a time, then stir in the buttermilk. The mixture will be very runny at this point.

Combine the flour, baking soda, nutmeg and salt; stir into the buttermilk mixture by hand using a wooden spoon. Try not to over mix the dough or the cookies will be dense. Drop by spoonfuls onto the prepared cookie sheets. For cut out cookies, the dough should be refrigerated for a couple of hours.

Roll out to 1/2 inch thickness and flour your cookie cutter between each cut.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:23.3, Inflammation Score:-1, Nutrition Score:3.5708695666298%

Nutrients (% of daily need)

Calories: 151.88kcal (7.59%), Fat: 0.97g (1.49%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 32.47g (11.81%), Sugar: 17.21g (19.13%), Cholesterol: 14.74mg (4.91%), Sodium: 158.8mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Selenium: 8.66µg (12.37%), Vitamin B1: 0.17mg

(11.33%), Folate: 40.41µg (10.1%), Vitamin B2: 0.14mg (8.24%), Manganese: 0.15mg (7.34%), Vitamin B3: 1.24mg (6.21%), Iron: 1.05mg (5.81%), Phosphorus: 38.44mg (3.84%), Fiber: 0.58g (2.32%), Copper: 0.04mg (1.86%), Vitamin B5: 0.19mg (1.85%), Calcium: 17.06mg (1.71%), Zinc: 0.23mg (1.57%), Magnesium: 6.18mg (1.54%), Vitamin D: 0.2µg (1.36%), Vitamin B12: 0.08µg (1.31%), Potassium: 41.5mg (1.19%)