



## Grandma's Old Fashioned Tea Cakes

 Vegetarian

READY IN



53 min.

SERVINGS



24

CALORIES



187 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter
- 2 eggs
- 3 cups flour all-purpose
- 0.3 teaspoon ground nutmeg
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 1.8 cups sugar white

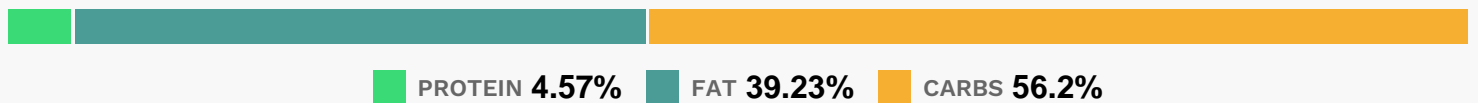
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- cookie cutter

## Directions

- In a medium bowl, cream together the butter and sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla.
- Combine the flour, baking soda, salt and nutmeg; stir into the creamed mixture. Knead dough for a few turns on a floured board until smooth. Cover and refrigerate until firm.
- Preheat the oven to 325 degrees F (165 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch in thickness.
- Cut into desired shapes with cookie cutters.
- Place cookies 1 1/2 inches apart onto cookie sheets.
- 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:11.05, Glycemic Load:18.81, Inflammation Score:-2, Nutrition Score:2.8682608785837%

## Nutrients (% of daily need)

Calories: 186.67kcal (9.33%), Fat: 8.23g (12.66%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 26.09g (9.49%), Sugar: 14.64g (16.27%), Cholesterol: 33.98mg (11.33%), Sodium: 137.75mg (5.99%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 2.16g (4.32%), Selenium: 6.61µg (9.44%), Vitamin B1: 0.12mg (8.31%), Folate: 30.62µg (7.65%), Vitamin B2: 0.1mg (5.89%), Manganese: 0.11mg (5.46%), Vitamin A: 256.18IU (5.12%), Vitamin B3: 0.93mg (4.65%), Iron: 0.8mg (4.44%), Phosphorus: 26.46mg (2.65%), Vitamin E:

0.27mg (1.78%), Fiber: 0.43g (1.7%), Vitamin B5: 0.14mg (1.35%), Copper: 0.03mg (1.33%), Zinc: 0.17mg (1.12%), Magnesium: 4.13mg (1.03%)