



## Grandma's Sugar Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



136 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 1 cup buttermilk
- 4 eggs beaten
- 5 cups flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon nutmeg
- 1 cup shortening

- 0.5 cup sugar for decoration
- 1 cup granulated sugar white

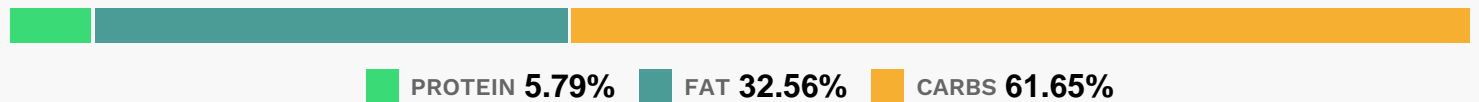
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, cream the brown sugar, white sugar, eggs, and the shortening. Sift together the flour, baking powder, baking soda, cinnamon, and nutmeg. Alternate adding the buttermilk with the dry ingredients.
- Roll dough into walnut sized balls and roll the balls in colored sugar if desired.
- Place them 2 inches apart on an unprepared cookie sheet.
- Bake for 10 to 13 minutes in the preheated oven.
- Remove to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:8.61, Glycemic Load:11.7, Inflammation Score:-1, Nutrition Score:2.700434755129%

## Nutrients (% of daily need)

Calories: 135.53kcal (6.78%), Fat: 4.95g (7.61%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.68g (7.52%), Sugar: 10.99g (12.21%), Cholesterol: 14.19mg (4.73%), Sodium: 61.55mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Selenium: 5.82µg (8.32%), Vitamin B1: 0.11mg (7.14%), Folate: 25.88µg (6.47%), Manganese: 0.11mg (5.45%), Vitamin B2: 0.09mg (5.35%), Iron: 0.74mg (4.13%), Vitamin B3: 0.78mg (3.91%), Phosphorus: 31.38mg (3.14%), Calcium: 29.27mg (2.93%), Vitamin K: 2.36µg (2.25%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.17mg (1.68%), Fiber: 0.41g (1.62%), Copper: 0.03mg (1.3%), Magnesium: 4.41mg (1.1%), Zinc: 0.16mg (1.08%)