



Grandma's Tea Cakes

 Vegetarian

READY IN



95 min.

SERVINGS



1

CALORIES



5374 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.8 cup cane syrup
- 3 large eggs
- 1.5 teaspoons juice of lemon fresh
- 4.5 cups self-rising flour
- 1.3 cups sugar
- 1 tablespoon vanilla extract

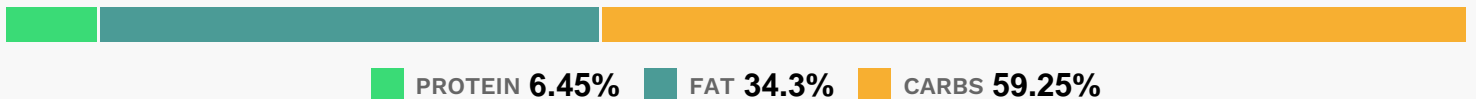
Equipment

- baking sheet
- baking paper
- oven
- hand mixer

Directions

- Preheat oven to 35
- Beat butter and sugar at medium speed with an electric mixer until creamy.
- Add cane syrup and next 2 ingredients, beating just until blended.
- Add eggs, 1 at a time, beating just until blended after each addition. Gradually add flour, beating at low speed just until blended after each addition. Drop dough by rounded spoonfuls 2 inches apart onto parchment paper-lined baking sheets, using a small cookie scoop (about 1 1/4 inches).
- Bake at 350 for 8 to 10 minutes or just until edges begin to turn golden brown. Cool on baking sheets on wire racks 1 minute; transfer to wire racks. Cool completely (about 15 minutes). Store in airtight containers 1 week.
- Pecan Tea Cakes: Stir 1 1/2 cups chopped toasted pecans into dough after adding flour in Step
- Snickerdoodle Tea Cakes: Stir 1 1/2 tsp. ground cinnamon into flour before adding to butter mixture in Step Stir together 2/3 cup sugar and 1 Tbsp. ground cinnamon in a shallow dish or pie plate; drop spoonfuls of dough into cinnamon-and-sugar mixture before placing on parchment paper-lined baking sheets.
- Bake as directed.

Nutrition Facts



Properties

Glycemic Index:187.09, Glycemic Load:438.9, Inflammation Score:-10, Nutrition Score:47.174782773723%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 5373.8kcal (268.69%), Fat: 208.53g (320.81%), Saturated Fat: 122.75g (767.19%), Carbohydrates: 810.36g (270.12%), Net Carbohydrates: 796.84g (289.76%), Sugar: 403.77g (448.63%), Cholesterol: 1046.05mg (348.68%), Sodium: 1687.6mg (73.37%), Alcohol: 4.47g (100%), Alcohol %: 0.42% (100%), Protein: 88.25g (176.5%), Selenium: 273.14µg (390.2%), Manganese: 4.54mg (226.89%), Vitamin A: 6494.43IU (129.89%), Phosphorus: 898.48mg (89.85%), Vitamin B2: 1.16mg (68.3%), Folate: 264.43µg (66.11%), Vitamin E: 9.1mg (60.68%), Copper: 1.16mg (57.99%), Fiber: 13.52g (54.09%), Vitamin B5: 5.03mg (50.27%), Zinc: 6.96mg (46.42%), Iron: 7.88mg (43.78%), Magnesium: 165.18mg (41.29%), Vitamin B1: 0.52mg (34.97%), Vitamin B3: 5.89mg (29.47%), Vitamin B12: 1.72µg (28.68%), Potassium: 905.44mg (25.87%), Vitamin B6: 0.48mg (23.84%), Calcium: 227.24mg (22.72%), Vitamin D: 3µg (20%), Vitamin K: 18.03µg (17.17%), Vitamin C: 2.9mg (3.52%)