



Ma Ma's Sugar Cookies



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter shortening flavored
- ☐ 2 eggs
- ☐ 2 cups self-rising flour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

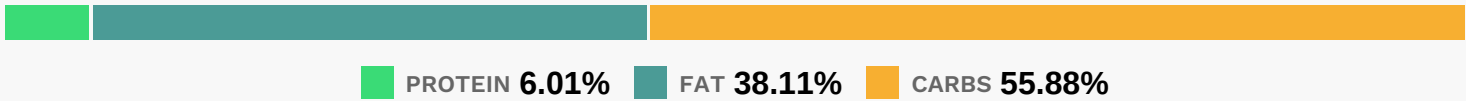
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream together the shortening and sugar. Beat in the eggs and vanilla. stir in the self-rising flour to form a dough. 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 the prepared 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:11.42, Glycemic Load:21.42, Inflammation Score:-1, Nutrition Score:2.6786956527959%

Nutrients (% of daily need)

Calories: 226.33kcal (11.32%), Fat: 9.64g (14.83%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 31.31g (11.38%), Sugar: 16.77g (18.63%), Cholesterol: 27.28mg (9.09%), Sodium: 11.37mg (0.49%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Protein: 3.42g (6.84%), Selenium: 10.62µg (15.17%), Manganese: 0.17mg (8.42%), Vitamin E: 0.68mg (4.56%), Vitamin K: 4.63µg (4.41%), Phosphorus: 34.75mg (3.47%), Vitamin B2: 0.05mg (2.91%), Vitamin B5: 0.26mg (2.62%), Folate: 10.32µg (2.58%), Copper: 0.04mg (2.23%), Fiber: 0.5g (2%), Iron: 0.33mg (1.84%), Zinc: 0.27mg (1.82%), Magnesium: 6.13mg (1.53%), Vitamin B1: 0.02mg (1.42%), Vitamin B12: 0.07µg (1.09%), Vitamin B3: 0.22mg (1.08%), Vitamin B6: 0.02mg (1.02%)