

Mamie's Teacakes

READY IN



42 min.

SERVINGS



36

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 8 tablespoons butter room temperature
- ☐ 2 large eggs
- ☐ 3.5 cups flour for dusting all-purpose plus more
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 cups sugar plus more for sprinkling
- ☐ 1.5 teaspoons vanilla extract
- ☐ 36 servings vegetable shortening for greasing cookie sheets

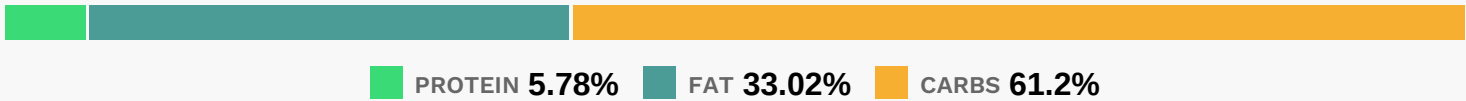
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Grease two large (14-by-16-inch) cookie sheets with shortening.
- ☐ Sift together the flour, baking soda and salt. Using an electric mixer set to medium speed, cream the butter and sugar together.
- ☐ Add the eggs and vanilla.
- ☐ Add the sour cream and mix well. On low speed, gradually add the flour mixture until just blended. Turn the dough out onto a lightly floured board, and gently pat with floured hands to a 1/4-inch thickness.
- ☐ Cut with a 2-inch round, floured cookie cutter and place about 1 inch apart on the cookie sheets.
- ☐ Bake until the teacakes are lightly browned, about 10 to 12 minutes. Do not overbake.
- ☐ Sprinkle with a couple of tablespoons of sugar and remove the cookies to a rack to cool.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:12.53, Inflammation Score:-1, Nutrition Score:2.1495652025485%

Nutrients (% of daily need)

Calories: 115.08kcal (5.75%), Fat: 4.24g (6.53%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 17.36g (6.31%), Sugar: 8.44g (9.37%), Cholesterol: 17.96mg (5.99%), Sodium: 71.37mg (3.1%),

Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.67g (3.34%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.1mg (6.48%), Folate: 23.73µg (5.93%), Vitamin B2: 0.08mg (4.6%), Manganese: 0.08mg (4.23%), Vitamin B3: 0.72mg (3.62%), Iron: 0.62mg (3.44%), Phosphorus: 20.6mg (2.06%), Vitamin A: 102.7IU (2.05%), Fiber: 0.33g (1.31%), Vitamin E: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.11%), Copper: 0.02mg (1.03%)