

Maple Sugar Cookies

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



188 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter flavor shortening
- 2 eggs
- 3 cups flour all-purpose
- 0.3 cup maple syrup
- 0.5 teaspoon salt
- 1.3 cups sugar

3 teaspoons vanilla extract

Equipment

bowl

baking sheet

oven

cookie cutter

Directions

In a large bowl, cream shortening and sugar until light and fluffy.

Add eggs, one at a time, beating well after each addition. Beat in syrup and vanilla.

Combine the remaining ingredients; gradually add to the creamed mixture and mix well. Cover and refrigerate for 2 hours or until easy to handle.

On a lightly floured surface, roll out to 1/8-in. thickness.

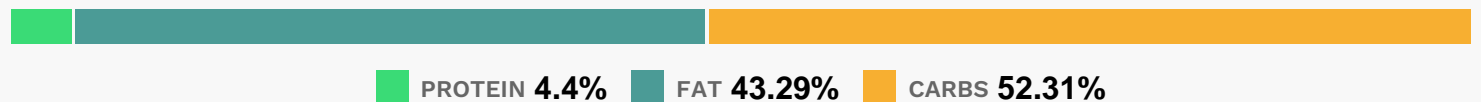
Cut with a floured 2-1/2-in. cookie cutter.

Place 1 in. apart on ungreased baking sheets.

Bake at 350° for 9-12 minutes or until golden brown.

Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:16.75, Inflammation Score:-1, Nutrition Score:3.2486956909947%

Nutrients (% of daily need)

Calories: 188.29kcal (9.41%), Fat: 9.08g (13.96%), Saturated Fat: 2.27g (14.22%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 24.26g (8.82%), Sugar: 12.52g (13.92%), Cholesterol: 13.64mg (4.55%), Sodium: 90.81mg (3.95%), Alcohol: 0.17g (100%), Alcohol %: 0.51% (100%), Protein: 2.08g (4.15%), Manganese: 0.19mg (9.32%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.14mg (8.18%), Folate: 30.32µg (7.58%), Vitamin B3: 0.93mg (4.65%), Iron: 0.82mg (4.55%), Vitamin K: 4.6µg (4.38%), Vitamin E: 0.57mg (3.81%), Phosphorus: 26.9mg (2.69%), Vitamin B5: 0.18mg (1.83%), Fiber: 0.42g (1.69%), Calcium: 15.67mg (1.57%), Copper: 0.03mg

(1.31%), Zinc: 0.18mg (1.21%), Magnesium: 4.68mg (1.17%)