

Mississippi Tea Cakes



Vegetarian

READY IN

ready

50 min.

SERVINGS

servings

36

CALORIES

calories

72 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

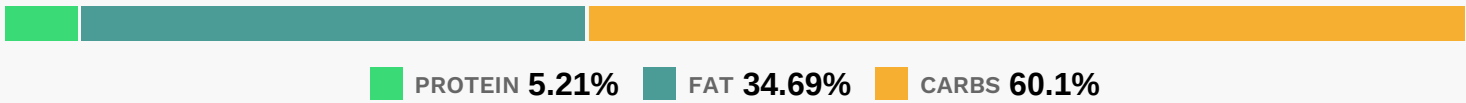
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream together butter and sugar until smooth. Beat in egg and vanilla.
- ☐ Combine flour, baking powder, and baking soda; beat into the creamed mixture alternately with the buttermilk. Drop by rounded spoonfuls onto prepared cookie sheets.
- ☐ Bake for 8 to 10 minutes in preheated oven. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:8.84, Glycemic Load:7.77, Inflammation Score:-1, Nutrition Score:1.2926086945378%

Nutrients (% of daily need)

Calories: 72.43kcal (3.62%), Fat: 2.81g (4.33%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.78g (3.92%), Sugar: 5.66g (6.29%), Cholesterol: 11.51mg (3.84%), Sodium: 50.94mg (2.21%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.95g (1.9%), Selenium: 2.86µg (4.08%), Vitamin B1: 0.06mg (3.73%), Folate: 13.46µg (3.37%), Vitamin B2: 0.05mg (2.65%), Manganese: 0.05mg (2.41%), Vitamin B3: 0.41mg (2.07%), Iron: 0.36mg (2%), Vitamin A: 88.14IU (1.76%), Phosphorus: 14.53mg (1.45%), Calcium: 11mg (1.1%)