



Nutmeg Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



58 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.8 teaspoon nutmeg freshly grated
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

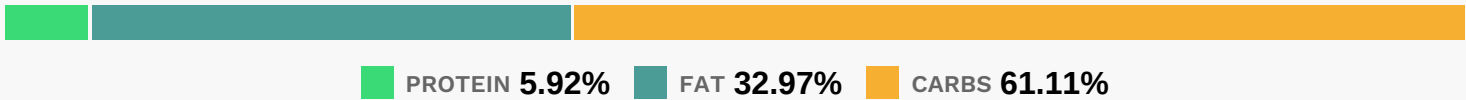
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy. Gradually add 1 cup sugar, beating well.
- ☐ Add eggs, sour cream, and vanilla; beat well.
- ☐ Combine flour, baking powder, soda, 3/4 teaspoon nutmeg, and salt; stir well. Gradually add to butter mixture, beating until blended. Cover and chill dough at least 3 hours.
- ☐ Combine 1/3 cup sugar and remaining 1/4 teaspoon nutmeg; stir well. Shape dough into 1" balls.
- ☐ Place 2" apart on lightly greased cookie sheets. Grease bottom of a glass. Dip glass in sugar mixture, and press each ball flat.
- ☐ Bake at 375 for 8 minutes or until edges are lightly browned.
- ☐ Remove cookies to wire racks immediately to cool.

Nutrition Facts



Properties

Glycemic Index:8.29, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:1.1234782572998%

Nutrients (% of daily need)

Calories: 58.13kcal (2.91%), Fat: 2.15g (3.3%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.79g (3.2%), Sugar: 4.54g (5.05%), Cholesterol: 11.4mg (3.8%), Sodium: 40.14mg (1.75%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.87g (1.73%), Selenium: 2.57µg (3.67%), Vitamin B1: 0.05mg (3.08%), Folate: 11.46µg (2.87%), Vitamin B2: 0.04mg (2.39%), Manganese: 0.04mg (2.05%), Iron: 0.31mg (1.73%), Vitamin B3: 0.34mg (1.71%), Phosphorus: 13.66mg (1.37%), Vitamin A: 68.25IU (1.36%), Calcium: 10.18mg (1.02%)