



Nutmeg Sugar Crisps

 Vegetarian

READY IN



25 min.

SERVINGS



72

CALORIES



51 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 0.8 cup sugar
- 0.5 cup powdered sugar
- 1 eggs
- 1 teaspoon vanilla extract
- 2.5 cups flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon cream of tartar

- 0.3 teaspoon nutmeg
- 0.1 teaspoon salt

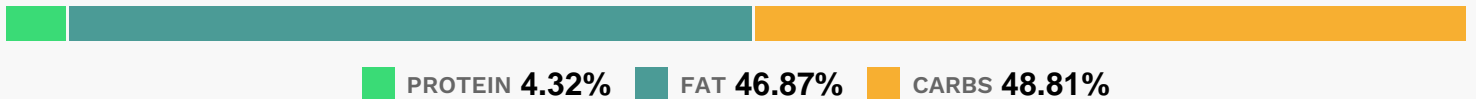
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream butter and sugars. Beat in egg and vanilla; mix well.
- Combine the flour, baking soda, cream of tartar, nutmeg and salt; add to the creamed mixture and mix well. Refrigerate for 1 hour.
- Shape into 3/4-in. balls; place 2 in. apart on greased baking sheets. Flatten with a glass dipped in sugar.
- Bake at 350° for 10–12 minutes or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:3.85, Inflammation Score:-1, Nutrition Score:0.78217391021874%

Nutrients (% of daily need)

Calories: 50.79kcal (2.54%), Fat: 2.67g (4.1%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.13g (2.23%), Sugar: 2.92g (3.24%), Cholesterol: 9.05mg (3.02%), Sodium: 32.92mg (1.43%), Alcohol: 0.02g (100%), Alcohol %: 0.22% (100%), Protein: 0.55g (1.11%), Selenium: 1.71µg (2.44%), Vitamin B1: 0.03mg (2.3%), Folate: 8.33µg (2.08%), Vitamin A: 82.1IU (1.64%), Vitamin B2: 0.03mg (1.52%), Manganese: 0.03mg (1.51%), Vitamin B3: 0.26mg (1.29%), Iron: 0.22mg (1.2%)