

Nutty Sugar Crisps

 Vegetarian

READY IN



25 min.

SERVINGS



51

CALORIES



118 kcal

DESSERT

Ingredients

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

- 0.5 cup vegetable oil
- 1 cup walnut pieces chopped

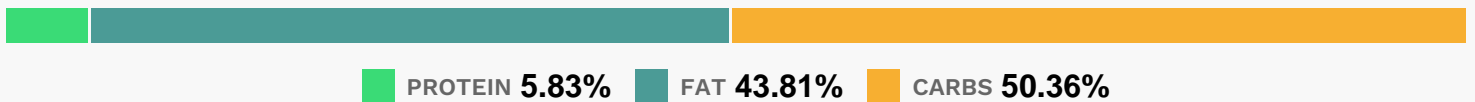
Equipment

- bowl
- baking sheet
- oven

Directions

- In a bowl, cream the butter, oil and sugars until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the flour, baking soda and cream of tartar; gradually add to the creamed mixture. Stir in walnuts.
- Drop by teaspoonfuls 2 in. apart onto ungreased baking sheets. Flatten slightly with a glass dipped in sugar.
- Bake at 375° for 10–12 minutes or until edges are golden brown.
- Remove to wire racks to cool.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:8.86, Inflammation Score:-2, Nutrition Score:2.4269565638641%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg

Nutrients (% of daily need)

Calories: 117.94kcal (5.9%), Fat: 5.82g (8.95%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 14.59g (5.31%), Sugar: 6.32g (7.03%), Cholesterol: 15.99mg (5.33%), Sodium: 52.92mg (2.3%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.74g (3.49%), Manganese: 0.15mg (7.73%), Selenium: 4.46µg (6.38%), Vitamin B1: 0.1mg (6.36%), Folate: 23.38µg (5.84%), Vitamin B2: 0.07mg (4.03%), Iron: 0.62mg (3.42%), Vitamin B3: 0.68mg (3.4%), Copper: 0.05mg (2.71%), Phosphorus: 24.34mg (2.43%), Vitamin A: 121.01IU

(2.42%), Fiber: 0.45g (1.81%), Magnesium: 6.36mg (1.59%), Vitamin E: 0.18mg (1.19%), Zinc: 0.18mg (1.17%), Vitamin K: 1.2µg (1.14%), Vitamin B6: 0.02mg (1.01%), Potassium: 35.32mg (1.01%)