



WHATSheATE



Old-Fashioned Sugar Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



94 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon milk
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shortening
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

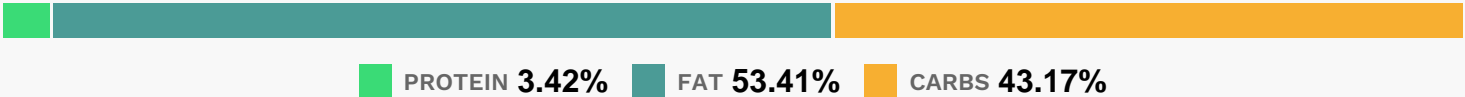
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ In a large bowl, beat butter and shortening with an electric mixer on medium speed for 30 seconds.
- ☐ Add remaining ingredients; mix well. Cover and chill dough for 3 hours. On a lightly floured surface, roll out dough to a 1/8-inch thickness; cut into desired shapes with cookie cutters. Arrange on ungreased baking sheets.
- ☐ Bake at 375 degrees for 7 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:7.29, Inflammation Score:-1, Nutrition Score:1.2217391159223%

Nutrients (% of daily need)

Calories: 94.36kcal (4.72%), Fat: 5.67g (8.72%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 10.17g (3.7%), Sugar: 6.31g (7.01%), Cholesterol: 13.67mg (4.56%), Sodium: 53.19mg (2.31%), Alcohol: 0.06g (100%), Alcohol %: 0.36% (100%), Protein: 0.82g (1.63%), Selenium: 2.41µg (3.44%), Vitamin B1: 0.04mg (2.85%), Folate: 10.49µg (2.62%), Vitamin B2: 0.04mg (2.2%), Manganese: 0.04mg (1.84%), Vitamin E: 0.27mg (1.8%), Vitamin A: 89.7IU (1.79%), Vitamin K: 1.76µg (1.67%), Iron: 0.3mg (1.66%), Vitamin B3: 0.31mg (1.56%), Phosphorus: 14.3mg (1.43%), Calcium: 13.24mg (1.32%)