



Old-Fashioned Tea Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 tablespoon milk
- ☐ 1 cup sugar

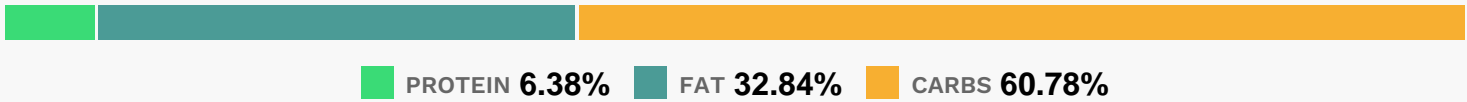
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add eggs, beating until blended.
- ☐ Combine flour, baking powder, and nutmeg; add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition.
- ☐ Divide dough in half; cover with plastic wrap, and chill 1 hour.
- ☐ Roll half of dough to 1/4-inch thickness on a lightly floured surface.
- ☐ Cut with a 2 1/4-inch round cutter, and place on greased baking sheets. Repeat procedure with remaining half of dough.
- ☐ Bake at 350 for 8 minutes. (Cookies will be pale.) Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:9.41, Glycemic Load:7.49, Inflammation Score:-1, Nutrition Score:1.4382608565299%

Nutrients (% of daily need)

Calories: 68.64kcal (3.43%), Fat: 2.53g (3.89%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 10.31g (3.75%), Sugar: 4.81g (5.34%), Cholesterol: 14.71mg (4.9%), Sodium: 41.28mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Selenium: 3.32µg (4.74%), Vitamin B1: 0.06mg (3.99%), Folate: 14.83µg (3.71%), Vitamin B2: 0.05mg (2.94%), Manganese: 0.05mg (2.62%), Iron: 0.41mg (2.29%), Vitamin B3: 0.44mg (2.21%), Phosphorus: 17.98mg (1.8%), Vitamin A: 80.99IU (1.62%), Calcium: 14.82mg (1.48%)