



Orange Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



73 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup butter softened
- 2 eggs
- 4 cups flour all-purpose
- 0.7 cup orange juice
- 3 tablespoons orange zest
- 0.5 teaspoon salt

1 cup cup heavy whipping cream sour

1.5 cups sugar white

Equipment

baking sheet

oven

Directions

Beat sugar and butter or margarine until light and fluffy.

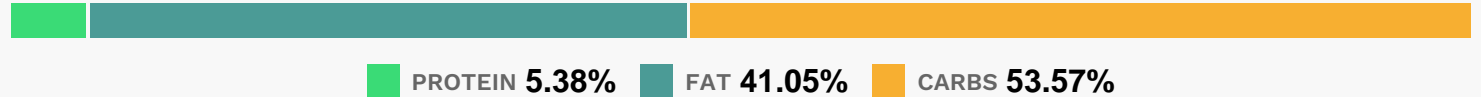
Add sour cream and eggs, blend well.

Stir in sifted flour and remaining ingredients, mix well.

Drop dough by rounded teaspoonfuls onto ungreased cookie sheets.

Bake at 375 degrees F (190 degrees C) for 8 to 11 minutes, or until edges are light golden brown. Immediately remove from cookie sheets.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:6.88, Inflammation Score:-1, Nutrition Score:1.4482608696689%

Flavonoids

Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.3kcal (3.67%), Fat: 3.38g (5.2%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 9.71g (3.53%), Sugar: 4.49g (4.98%), Cholesterol: 13.21mg (4.4%), Sodium: 60.45mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.06mg (3.88%), Folate: 14.33µg (3.58%), Vitamin B2: 0.05mg (2.83%), Manganese: 0.05mg (2.43%), Vitamin A: 110.93IU (2.22%), Vitamin B3: 0.43mg (2.13%), Iron: 0.36mg (2.01%), Vitamin C: 1.52mg (1.84%), Phosphorus: 14.76mg (1.48%)