



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

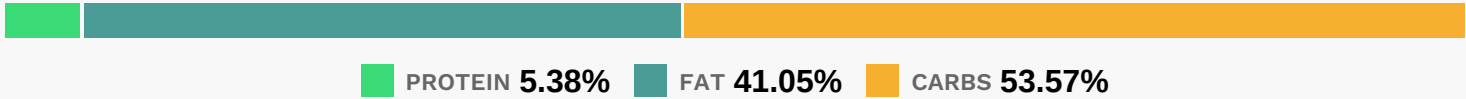
Equipment

- ☐ 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: Og (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%)