



Orange Cookies III

READY IN



45 min.

SERVINGS



72

CALORIES



112 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup butter
- 1 cup buttermilk
- 4 cups confectioners' sugar
- 2 eggs
- 4.5 cups flour all-purpose
- 0.5 cup orange juice
- 3 tablespoons orange juice concentrate thawed

- 2 tablespoons orange zest
- 1 teaspoon salt
- 1 cup shortening
- 2 cups sugar white

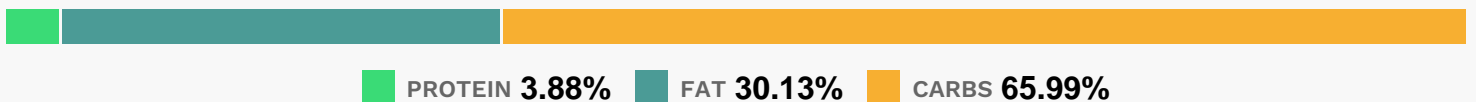
Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line baking sheets with parchment paper.
- Beat the shortening, white sugar and eggs together until light and fluffy. Beat in the buttermilk, orange juice and grated orange zest.
- Combine the flour, baking powder, salt and baking soda. Stir the flour into the shortening mixture and mix until combined. Drop rounded tablespoonfuls of dough 2 inches apart onto the prepared baking sheets.
- Bake at 350 degrees F (175 degrees C) for 10 minutes. While still warm spread with orange icing.
- Combine the butter or margarine, confectioners' sugar and orange juice concentrate and beat until smooth.
- Add more orange juice concentrate if necessary to reach the desired consistency.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:8.36, Inflammation Score:-1, Nutrition Score:1.6904347979504%

Flavonoids

Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 112.3kcal (5.62%), Fat: 3.81g (5.87%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 18.55g (6.75%), Sugar: 12.58g (13.98%), Cholesterol: 6.61mg (2.2%), Sodium: 62.5mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Selenium: 3.23µg (4.62%), Vitamin B1: 0.07mg (4.5%), Folate: 16.1µg (4.03%), Vitamin B2: 0.05mg (3.19%), Manganese: 0.05mg (2.74%), Vitamin C: 1.98mg (2.4%), Vitamin B3: 0.48mg (2.4%), Iron: 0.41mg (2.3%), Phosphorus: 17.02mg (1.7%), Vitamin K: 1.61µg (1.53%), Vitamin E: 0.22mg (1.45%), Calcium: 13.27mg (1.33%)