



## Orange Drop Cookies III

READY IN



45 min.

SERVINGS



36

CALORIES



154 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 eggs
- 4 cups flour all-purpose
- 3 tablespoons orange juice fresh
- 1 tablespoon orange zest
- 0.5 teaspoon salt
- 1 cup shortening
- 1 cup milk sour

2 cups sugar white

## Equipment

bowl

baking sheet

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C).

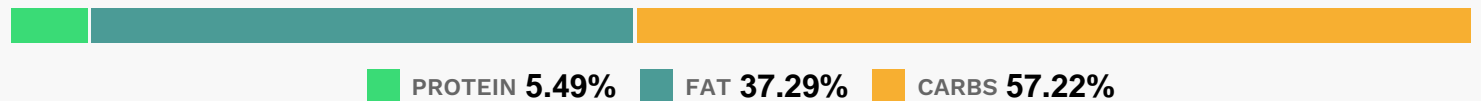
In a medium bowl, cream together the sugar and shortening. Beat in eggs, one at a time.

Combine the flour, baking powder, baking soda and salt, stir into the creamed mixture. Finally, stir in the milk, orange juice and orange zest. Drop by heaping spoonfuls onto an ungreased cookie sheet.

Bake for 8 to 10 minutes in the preheated oven, until the edges turn golden.

Remove from baking sheet to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:9.09, Glycemic Load:15.63, Inflammation Score:-1, Nutrition Score:2.8330434975417%

## Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 153.81kcal (7.69%), Fat: 6.43g (9.9%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 21.82g (7.93%), Sugar: 11.59g (12.87%), Cholesterol: 14.45mg (4.82%), Sodium: 77.01mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Selenium: 6.03µg (8.62%), Vitamin B1: 0.12mg (7.79%), Folate: 27.61µg (6.9%), Vitamin B2: 0.1mg (5.73%), Manganese: 0.1mg (4.84%), Vitamin B3: 0.84mg (4.19%), Iron: 0.73mg (4.05%), Phosphorus: 30.6mg (3.06%), Vitamin K: 3.1µg (2.96%), Vitamin E: 0.4mg (2.67%), Vitamin B5: 0.18mg (1.85%), Calcium: 16.35mg (1.63%), Fiber: 0.4g (1.58%), Copper: 0.02mg (1.21%), Zinc: 0.17mg (1.16%), Vitamin B12: 0.07µg (1.15%), Magnesium: 4.52mg (1.13%), Vitamin C: 0.94mg (1.13%)