



Orange Sugar Cookies

 Dairy Free

READY IN



505 min.

SERVINGS



24

CALORIES



256 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 3 eggs
- 5.5 cups flour all-purpose
- 0.4 cup orange juice
- 1 tablespoon orange zest
- 1 teaspoon salt
- 1 cup shortening
- 1 tablespoon vanilla extract

2 cups granulated sugar white

Equipment

bowl

baking sheet

oven

wire rack

cookie cutter

Directions

In a large bowl, cream together the shortening and sugar. Beat in the eggs, one at a time, then stir in the orange juice, vanilla and orange zest.

Combine the flour, baking powder and salt, stir into the creamed mixture until well blended. Cover and refrigerate overnight.

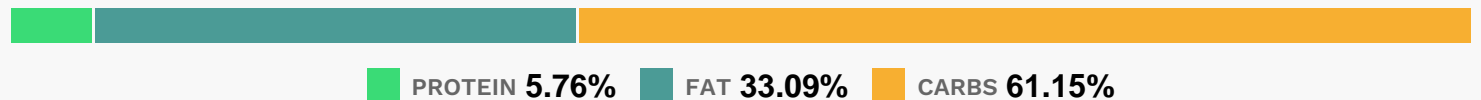
Preheat the oven to 375 degrees F (190 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch thickness.

Cut into shapes with cookie cutters or stamps.

Place cookies 1 inch apart onto an unprepared cookie sheet.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:27.74, Inflammation Score:-2, Nutrition Score:5.1739130823509%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 255.53kcal (12.78%), Fat: 9.41g (14.47%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 38.32g (13.93%), Sugar: 17.13g (19.03%), Cholesterol: 20.46mg (6.82%), Sodium: 141.21mg (6.14%), Alcohol: 0.19g (100%), Alcohol %: 0.37% (100%), Protein: 3.68g (7.37%), Selenium: 11.51µg (16.44%), Vitamin B1: 0.23mg (15.51%), Folate: 56.24µg (14.06%), Vitamin B2: 0.17mg (10.1%), Manganese: 0.2mg (9.98%), Vitamin B3: 1.72mg (8.58%), Iron: 1.49mg (8.26%), Phosphorus: 49.87mg (4.99%), Vitamin K: 4.65µg (4.43%), Vitamin E: 0.6mg (4%), Fiber: 0.81g (3.23%), Calcium: 28.16mg (2.82%), Vitamin B5: 0.28mg (2.77%), Vitamin C: 2.28mg (2.76%), Copper: 0.05mg (2.44%), Magnesium: 7.6mg (1.9%), Zinc: 0.28mg (1.84%), Potassium: 47.74mg (1.36%), Vitamin B6: 0.02mg (1.21%)