

Original Girl Scout Cookies

 Vegetarian

READY IN



120 min.

SERVINGS



36

CALORIES



97 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup butter
- 2 eggs
- 2 cups flour
- 0.3 cup brown sugar light
- 2 tablespoons milk
- 0.3 teaspoon nutmeg
- 1 teaspoon salt

- 0.8 cup sugar for topping
- 2 teaspoons vanilla

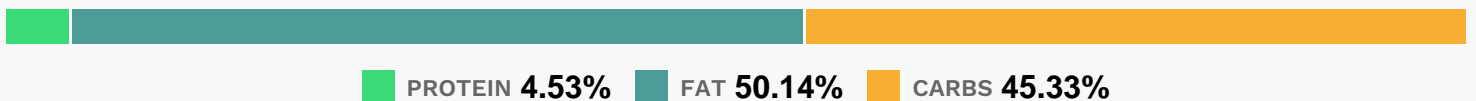
Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- plastic wrap
- stand mixer

Directions

- In a medium bowl mix flour, baking powder, salt and nutmeg and set aside.
- In the bowl of a stand mixer cream together sugars and butter until light and fluffy.
- Add eggs, milk, and vanilla and beat until incorporated. Stir in flour mixture until just incorporated. Divide dough in two batches then wrap in plastic wrap and flatten into disks and refrigerate for at least an hour or overnight.
- Preheat oven to 350°F. Dust dough with flour and roll out on a well-floured surface.
- Cut out cookies and transfer to parchment lined baking sheets, keeping cookies at least 2 inches apart.
- Bake for 8 to 10 minutes or until edges turn golden brown.
- Remove from oven and cool for 5 minutes on their pan then transfer to a wire rack to cool completely. Store covered for several days.

Nutrition Facts



Properties

Glycemic Index:10.97, Glycemic Load:6.82, Inflammation Score:-1, Nutrition Score:1.5634782690069%

Nutrients (% of daily need)

Calories: 97.16kcal (4.86%), Fat: 5.46g (8.4%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.91g (3.97%), Sugar: 5.74g (6.38%), Cholesterol: 22.75mg (7.58%), Sodium: 133.12mg (5.79%), Alcohol: 0.08g (100%), Alcohol %: 0.42% (100%), Protein: 1.11g (2.22%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.06mg (3.76%), Folate: 14.07µg (3.52%), Vitamin A: 172.14IU (3.44%), Vitamin B2: 0.05mg (2.93%), Manganese: 0.05mg (2.52%), Iron: 0.4mg (2.25%), Vitamin B3: 0.42mg (2.09%), Phosphorus: 19.67mg (1.97%), Calcium: 19.41mg (1.94%), Vitamin E: 0.18mg (1.18%)