



Peppermint Ammonia Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



105 kcal

DESSERT

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.5 cup butter softened
- 0.5 teaspoon peppermint oil
- 3 eggs beaten
- 4.5 cups flour all-purpose
- 1 cup heavy cream
- 0.1 cup water boiling
- 1.5 cups sugar white

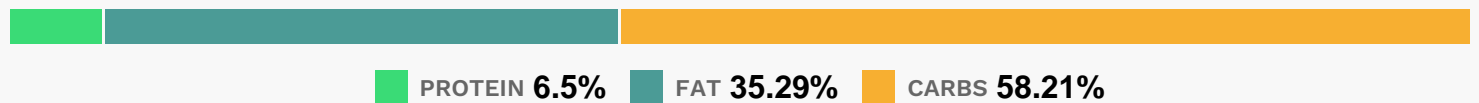
Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- In a large bowl, cream together butter and sugar until smooth. Stir in the heavy cream and beaten eggs.
- Mix the ammonia into the boiling water and stir to dissolve; stir into the butter mixture along with the peppermint oil.
- Combine the flour and baking powder; stir into the batter until evenly blended. On a lightly floured surface, roll the dough out to 1/4 inch in thickness.
- Cut into desired shapes with cookie cutters.
- Place cookies 1 1/2 inches apart onto the prepared cookie sheets.
- Bake for 10 to 12 minutes in the preheated oven, until edges are golden. Cool slightly on baking sheets before removing to wire racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:2.2473913110469%

Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 4.15g (6.38%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 15.07g (5.48%), Sugar: 6.43g (7.14%), Cholesterol: 20.92mg (6.97%), Sodium: 42.86mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Selenium: 5.03µg (7.18%), Vitamin B1: 0.09mg (6.28%), Folate: 23.01µg (5.75%), Vitamin B2: 0.08mg (4.81%), Manganese: 0.08mg (4.05%), Vitamin B3: 0.7mg (3.49%), Iron: 0.62mg (3.46%), Vitamin A: 146.83IU (2.94%), Phosphorus: 26.11mg (2.61%), Calcium: 19.46mg (1.95%),

Fiber: 0.32g (1.27%), Vitamin B5: 0.11mg (1.09%)