



Pope's Valentine Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



135 kcal

DESSERT

Ingredients

- 0.5 pound butter softened
- 1 cup powdered sugar sifted
- 2.5 cups flour all-purpose sifted
- 1 tablespoon milk
- 1 teaspoon vanilla extract

Equipment

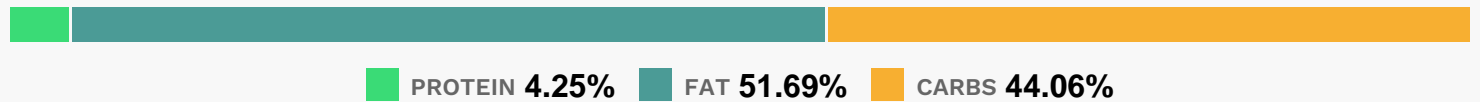
- frying pan
- oven

blender

Directions

- Preheat oven to 325 degrees F (170 degrees C).
- Mix butter in a mixer until light, add remaining ingredients.
- Knead until velvety.
- Roll one-half of the dough at a time to about 1/4 inch thickness using the smallest amount of flour possible.
- Cut out and bake on a lightly greased pan for 12 minutes. Cookies will be almost white when cooked.

Nutrition Facts



Properties

Glycemic Index:6.79, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:2.1778260775558%

Nutrients (% of daily need)

Calories: 135.46kcal (6.77%), Fat: 7.81g (12.02%), Saturated Fat: 4.89g (30.56%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 14.63g (5.32%), Sugar: 4.98g (5.54%), Cholesterol: 20.39mg (6.8%), Sodium: 61.38mg (2.67%), Alcohol: 0.06g (100%), Alcohol %: 0.26% (100%), Protein: 1.45g (2.89%), Vitamin B1: 0.1mg (6.87%), Selenium: 4.55µg (6.5%), Folate: 24.11µg (6.03%), Vitamin A: 237.16IU (4.74%), Manganese: 0.09mg (4.47%), Vitamin B2: 0.07mg (4.09%), Vitamin B3: 0.77mg (3.87%), Iron: 0.61mg (3.38%), Phosphorus: 16.97mg (1.7%), Vitamin E: 0.23mg (1.52%), Fiber: 0.35g (1.41%)