

# Powdered Sugar Cookies III

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



136 kcal

DESSERT

## Ingredients

- 1 teaspoon baking soda
- 1 cup butter flavor shortening flavored
- 1 cup powdered sugar
- 1 teaspoon cream of tartar
- 1 eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

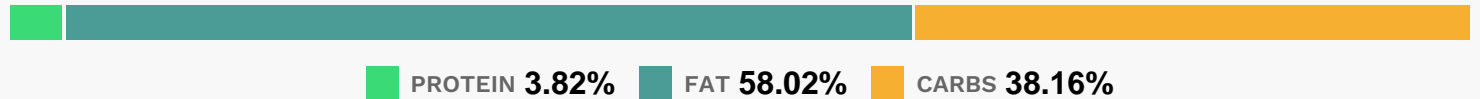
## Equipment

- baking sheet
- oven

## Directions

- Mix together the shortening, egg, and confectioners' sugar. Stir in vanilla, cream of tartar, salt, baking soda and flour.
- Mix well.
- Roll dough into 1 inch in diameter balls.
- Place on cookie sheet. Press down with a glass bottom dipped in sugar. ( I have also used cookie stamps dipped into sugar.)
- Bake at 350 degrees F (175 degrees C) for about 10 minutes or just until edges are turning golden.
- Let cool slightly before removing from the cookie sheet.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:2.0086956542471%

## Nutrients (% of daily need)

Calories: 136.3kcal (6.81%), Fat: 8.82g (13.57%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 13.05g (4.35%), Net Carbohydrates: 12.77g (4.64%), Sugar: 4.95g (5.5%), Cholesterol: 6.82mg (2.27%), Sodium: 97.38mg (4.23%), Alcohol: 0.06g (100%), Alcohol %: 0.28% (100%), Protein: 1.31g (2.61%), Selenium: 4.12µg (5.89%), Vitamin B1: 0.08mg (5.62%), Folate: 19.92µg (4.98%), Vitamin K: 4.58µg (4.36%), Vitamin E: 0.55mg (3.66%), Manganese: 0.07mg (3.63%), Vitamin B2: 0.06mg (3.59%), Vitamin B3: 0.62mg (3.09%), Iron: 0.53mg (2.94%), Phosphorus: 14.9mg (1.49%), Vitamin B5: 0.13mg (1.32%), Fiber: 0.28g (1.13%)