

Prize-Winning Sugar Cookies



Vegetarian

READY IN

ready

45 min.

SERVINGS

servings

48

CALORIES

calories

119 kcal

DESSERT

Ingredients



4 teaspoons double-acting baking powder



1 teaspoon baking soda



1 cup butter



1 cup buttermilk



3 eggs



4.5 cups flour all-purpose sifted



1 teaspoon ground nutmeg



1 pinch salt

- ☐ 0.3 cup vanilla extract
- ☐ 2 cups sugar white

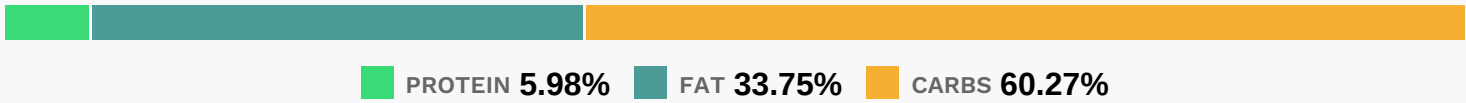
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Cream the margarine and sugar well.
- ☐ Add the eggs, one at a time, beating well after each.
- ☐ Add the buttermilk.
- ☐ Sift together the flour, baking soda, salt, and baking powder and add to the creamed mixture.
- ☐ Add 1/4 cup of vanilla (yes, this is correct) and nutmeg, and blend well.
- ☐ Let dough rest for 10 minutes.
- ☐ Drop by tablespoonfuls onto greased cookie sheet.
- ☐ Sprinkle with additional sugar.
- ☐ Bake for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:12.46, Inflammation Score:-2, Nutrition Score:2.3721739053726%

Nutrients (% of daily need)

Calories: 119.2kcal (5.96%), Fat: 4.42g (6.8%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 17.43g (6.34%), Sugar: 8.75g (9.73%), Cholesterol: 20.95mg (6.98%), Sodium: 98.93mg (4.3%), Alcohol: 0.37g (100%), Alcohol %: 1.39% (100%), Protein: 1.76g (3.52%), Selenium: 5.1µg (7.29%), Vitamin B1: 0.1mg (6.4%), Folate: 23.16µg (5.79%), Vitamin B2: 0.08mg (4.9%), Manganese: 0.09mg (4.25%), Iron: 0.64mg (3.54%), Vitamin B3: 0.71mg (3.53%), Phosphorus: 30.94mg (3.09%), Calcium: 30.05mg (3%), Vitamin A: 141.32IU (2.83%),

Fiber: 0.33g (1.3%), Vitamin B5: 0.12mg (1.18%), Copper: 0.02mg (1.1%)