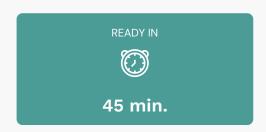


Prize-Winning Sugar Cookies









DESSERT

Ingredients

1 pinch salt

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 nutmeg

П	0.3 cup vanilla extract	
	2 cups granulated sugar white	
Equipment		
	baking sheet	
	oven	
Diı	rections	
	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		
	PROTEIN 5.98% FAT 33.75% CARBS 60.27%	

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%)