

# Rum Sugar Cookies

 Vegetarian

READY IN



150 min.

SERVINGS



48

CALORIES



81 kcal

DESSERT

## Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup butter
- 2 eggs
- 3 cups flour all-purpose
- 0.1 teaspoon ground nutmeg
- 1 teaspoon rum extract flavored

- 0.5 teaspoon salt
- 1 cup sugar white

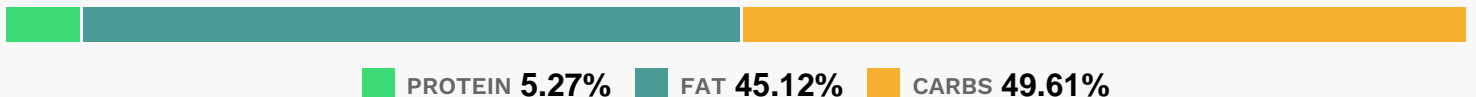
## Equipment

- baking sheet
- oven
- wire rack
- cookie cutter

## Directions

- Mix together flour, baking soda, salt, baking powder, and butter until the mixture resembles cornmeal.
- Combine eggs, sugar, rum extract, almond extract, and nutmeg until well mixed.
- Pour the egg mixture into the flour mixture. Stir until well blended. Divide the dough into two equal halves. Refrigerate the dough for 2 hours.
- Preheat the oven to 350 degrees F (175 degrees C).
- Place dough on a lightly floured surface.
- Roll the dough out until it is 1/8 inch thick. Using a cookie cutter cut the dough into cookies (whatever shapes you please).
- Place the cookies on an ungreased baking sheet.
- Bake in the preheated oven until the edges are golden, 7 to 9 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:7.44, Glycemic Load:7.23, Inflammation Score:-1, Nutrition Score:1.444347826683%

## Nutrients (% of daily need)

Calories: 81.18kcal (4.06%), Fat: 4.1g (6.31%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.94g (3.61%), Sugar: 4.2g (4.66%), Cholesterol: 16.99mg (5.66%), Sodium: 73.25mg (3.18%), Alcohol: 0.01g (100%), Alcohol %: 0.1% (100%), Protein: 1.08g (2.16%), Selenium: 3.28µg (4.69%), Vitamin B1: 0.06mg (4.15%), Folate: 15.3µg (3.83%), Vitamin B2: 0.05mg (2.91%), Manganese: 0.05mg (2.71%), Vitamin A: 128.09IU (2.56%), Vitamin B3: 0.46mg (2.32%), Iron: 0.4mg (2.24%), Phosphorus: 14.13mg (1.41%)