



Rumford Sugar Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

Ingredients

- 3 teaspoons double-acting baking powder
- 3 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 cup shortening
- 2 tablespoons water
- 2 cups granulated sugar white

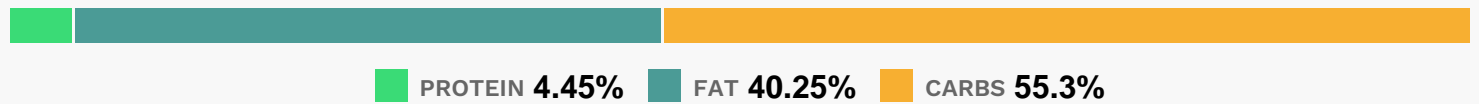
Equipment

- oven
- rolling pin

Directions

- (Directions as written:) Cream fat and sugar, beat in whipped eggs, add baking powder and 1 cup flour, then water and spices; add remaining flour gradually, working in more flour until dough is stiff enough to roll.
- Sprinkle flour over pastry board. Make a ball of dough, lay it on the board. Rub rolling pin with flour and roll out dough into a sheet 1/4 inch thick.
- Cut in round cakes, sift granulated sugar over each, and bake quickly 400 - 450 F. (200 - 230 C).

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:10.2, Inflammation Score:-1, Nutrition Score:1.6604347850965%

Nutrients (% of daily need)

Calories: 102.62kcal (5.13%), Fat: 4.65g (7.16%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 14.39g (4.79%), Net Carbohydrates: 14.16g (5.15%), Sugar: 8.36g (9.29%), Cholesterol: 10.23mg (3.41%), Sodium: 30.91mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Selenium: 3.55µg (5.06%), Vitamin B1: 0.06mg (4.23%), Folate: 15.63µg (3.91%), Manganese: 0.07mg (3.41%), Vitamin B2: 0.05mg (3.11%), Iron: 0.45mg (2.49%), Vitamin B3: 0.46mg (2.32%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.3mg (1.98%), Phosphorus: 19.47mg (1.95%), Calcium: 17.75mg (1.78%), Vitamin B5: 0.11mg (1.06%)