



## Sesame Seed Cookies III

READY IN



35 min.

SERVINGS



36

CALORIES



101 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 eggs beaten
- 3 cups flour all-purpose
- 0.3 cup milk
- 0.1 teaspoon salt
- 0.8 cup sesame seed
- 0.3 cup shortening
- 0.3 cup butter unsalted softened
- 2 teaspoons vanilla extract

0.8 cup sugar white

## Equipment

bowl

baking sheet

oven

## Directions

Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.

In a large bowl, stir together the flour, sugar, baking powder and salt. Blend in butter and shortening until the mixture resembles coarse meal. Make a well in the center and add eggs, 1/4 cup of milk and vanilla.

Mix until a soft dough forms. Divide the dough into 4 pieces.

Roll each piece out into a long snake 1/2 inch in diameter.

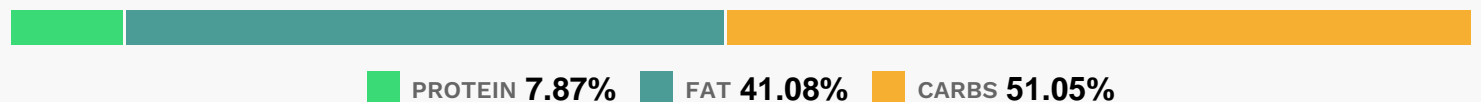
Cut snakes into 2 inch pieces. Dip each piece in remaining milk, then roll in sesame seeds.

Place 1 inch apart onto the prepared cookie sheets.

Bake for 20 to 25 minutes in the preheated oven, or until golden brown.

Remove from cookie sheets to cool on wire racks.

## Nutrition Facts



## Properties

Glycemic Index:8.61, Glycemic Load:8.87, Inflammation Score:-2, Nutrition Score:3.2556521788887%

## Nutrients (% of daily need)

Calories: 101.02kcal (5.05%), Fat: 4.66g (7.16%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.37g (4.5%), Sugar: 4.32g (4.79%), Cholesterol: 12.69mg (4.23%), Sodium: 36.59mg (1.59%), Alcohol: 0.08g (100%), Alcohol %: 0.38% (100%), Protein: 2.01g (4.01%), Selenium: 5.43µg (7.76%), Manganese: 0.15mg (7.47%), Vitamin B1: 0.11mg (7.25%), Copper: 0.15mg (7.25%), Folate: 23.29µg (5.82%), Iron: 1.01mg (5.61%), Calcium: 49.01mg (4.9%), Vitamin B2: 0.07mg (4.37%), Phosphorus: 42.72mg (4.27%), Vitamin B3: 0.76mg (3.81%), Magnesium: 13.88mg (3.47%), Fiber: 0.65g (2.6%), Zinc: 0.36mg (2.37%), Vitamin B6: 0.03mg (1.73%), Vitamin A:

55.62IU (1.11%), Vitamin E: 0.16mg (1.1%), Vitamin B5: 0.1mg (1.02%)