

## Shiela's Sugar Cookies

READY IN



75 min.

SERVINGS



48

CALORIES



138 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 3 cups powdered sugar
- 1 teaspoon cream of tartar
- 2 eggs
- 4.5 cups flour all-purpose
- 1.5 teaspoons juice of lemon
- 0.3 cup butter softened
- 3 tablespoons milk
- 1 teaspoon salt

- 1 cup shortening
- 1 cup granulated sugar white

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- cookie cutter

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- In a large bowl, cream together the 1 cup margarine, shortening, white sugar and 1 cup confectioners' sugar until smooth. Beat in the eggs one at a time, then stir in 1 teaspoon lemon juice.
- Combine the flour, baking soda, cream of tartar and salt; gradually stir into the creamed mixture. On a lightly floured surface, roll the dough out to 1/4 inch in thickness.
- Cut into desired shapes with cookie cutters.
- Place cookies 1 1/2 inches apart onto prepared cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.
- To make frosting, combine the 3 cups confectioners' sugar, 1/4 cup margarine and 1 1/2 teaspoons lemon juice in a medium bowl.
- Mix until smooth, adding milk 1 tablespoon at a time until frosting has reached its desired consistency.

## Nutrition Facts



**PROTEIN 4.28%** **FAT 36.05%** **CARBS 59.67%**

## Properties

Glycemic Index:3.81, Glycemic Load:9.4, Inflammation Score:-1, Nutrition Score:2.0830435085556%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

## Nutrients (% of daily need)

Calories: 137.51kcal (6.88%), Fat: 5.56g (8.55%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 20.38g (7.41%), Sugar: 11.58g (12.87%), Cholesterol: 6.93mg (2.31%), Sodium: 85.99mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Selenium: 4.62µg (6.61%), Vitamin B1: 0.09mg (6.28%), Folate: 22.35µg (5.59%), Vitamin B2: 0.07mg (4.13%), Manganese: 0.08mg (4.06%), Vitamin B3: 0.69mg (3.47%), Iron: 0.59mg (3.27%), Vitamin K: 2.32µg (2.21%), Vitamin E: 0.33mg (2.17%), Phosphorus: 17.52mg (1.75%), Fiber: 0.32g (1.27%), Vitamin B5: 0.11mg (1.13%), Vitamin A: 53.72IU (1.07%)