

☒ **Vegetarian** ☐ **Popular**

ready

servings

calories

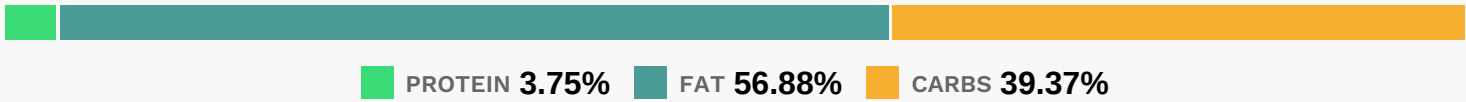
☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Cream butter and sugar until fluffy. Stir in vanilla; add flour and mix well.
- ☐ Put through cookie press and form cookies onto baking sheets.
- ☐ Bake for 10 – 12 minutes.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:17.32, Inflammation Score:-4, Nutrition Score:3.5969565329344%

Nutrients (% of daily need)

Calories: 244.51kcal (12.23%), Fat: 15.57g (23.96%), Saturated Fat: 9.76g (60.97%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 23.69g (8.61%), Sugar: 8.43g (9.36%), Cholesterol: 40.67mg (13.56%), Sodium: 122.16mg (5.31%), Alcohol: 0.11g (100%), Alcohol %: 0.3% (100%), Protein: 2.31g (4.63%), Vitamin B1: 0.16mg (10.97%), Selenium: 7.3µg (10.43%), Folate: 38.69µg (9.67%), Vitamin A: 472.73IU (9.45%), Manganese: 0.14mg (7.16%), Vitamin B2: 0.11mg (6.54%), Vitamin B3: 1.24mg (6.2%), Iron: 0.98mg (5.42%), Vitamin E: 0.45mg (3.01%), Phosphorus: 27.06mg (2.71%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.54%), Vitamin K: 1.39µg (1.32%), Magnesium: 5mg (1.25%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.16mg (1.09%)