



Simple Sugar Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



80 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 eggs
- 2.8 cups flour all-purpose
- 0.7 cup honey
- 1 teaspoon lemon extract
- 0.5 teaspoon salt
- 0.3 cup shortening
- 0.3 cup granulated sugar white

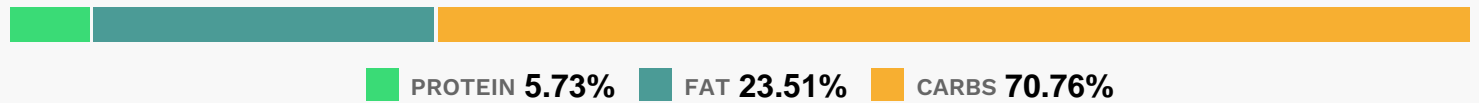
Equipment

- baking sheet
- oven
- cookie cutter

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease cookie sheets.
- Mix sugar, shortening, egg, honey, and lemon extract.
- Stir in remaining ingredients and mix well.
- Roll dough 1/4 inch thick. Use cookie cutters to cut into desired shapes.
- Place 1 inch apart on lightly greased cookie sheet.
- Bake 7 to 8 minutes or until no indentation remains when touched. Cool and decorate.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:9.26, Inflammation Score:-1, Nutrition Score:1.563478247303%

Nutrients (% of daily need)

Calories: 79.5kcal (3.97%), Fat: 2.1g (3.25%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 14.04g (5.11%), Sugar: 7.03g (7.81%), Cholesterol: 4.55mg (1.52%), Sodium: 64.97mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Selenium: 3.67µg (5.25%), Vitamin B1: 0.08mg (5.06%), Folate: 18.17µg (4.54%), Manganese: 0.07mg (3.53%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.57mg (2.86%), Iron: 0.49mg (2.74%), Phosphorus: 12.98mg (1.3%), Fiber: 0.27g (1.08%)