

## Soft Sugar Cookies I

READY IN



45 min.

SERVINGS



48

CALORIES



115 kcal

DESSERT

### Ingredients

- 3 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar packed
- 2 eggs
- 4 cups flour all-purpose
- 1 teaspoon nutmeg
- 1 cup milk
- 1 teaspoon salt
- 1 cup shortening

- 1 teaspoon vanilla extract
- 1 tablespoon vinegar white
- 1 cup granulated sugar white

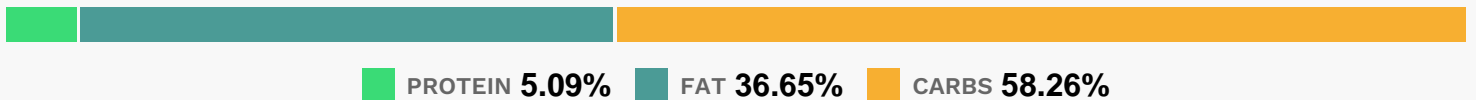
## Equipment

- oven
- mixing bowl
- cookie cutter

## Directions

- Combine milk with vinegar to make sour milk.
- Let stand for 5 minutes.
- In a large mixing bowl, combine sugars, shortening, eggs, and vanilla.
- Add flour, soda, baking powder, salt, and nutmeg.
- Stir in sour milk and mix well. NOTE: Dough will be very sticky and hard to handle. You could refrigerate it for a few hours, or just use plenty of flour when rolling out.
- Roll on well floured board to 1/2 inch thickness.
- Cut with cookie cutters to desired shapes (large cutters work best).
- Bake at 350 degrees F (180 degrees C) for 8 to 10 minutes or until lightly brown on bottom.
- Frost with Sugar Cookie Frosting (see recipe) and decorate.

## Nutrition Facts



## Properties

Glycemic Index:8.23, Glycemic Load:8.82, Inflammation Score:-1, Nutrition Score:2.1226087108902%

## Nutrients (% of daily need)

Calories: 115.45kcal (5.77%), Fat: 4.74g (7.29%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 16.66g (6.06%), Sugar: 8.91g (9.9%), Cholesterol: 7.43mg (2.48%), Sodium: 104.01mg (4.52%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 1.48g (2.96%), Selenium: 4.27µg (6.11%), Vitamin B1:

0.09mg (5.76%), Folate: 20µg (5%), Vitamin B2: 0.07mg (3.99%), Manganese: 0.08mg (3.83%), Iron: 0.58mg (3.24%), Vitamin B3: 0.63mg (3.14%), Calcium: 27.56mg (2.76%), Phosphorus: 25.78mg (2.58%), Vitamin K: 2.32µg (2.21%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.13mg (1.28%), Fiber: 0.29g (1.16%)