



Soft Sugar Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



81 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cardamom
- ☐ 0.5 cup milk
- ☐ 2.3 cups sugar white

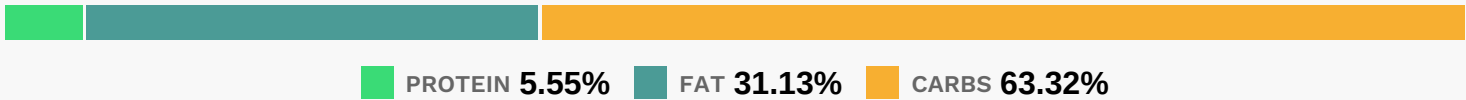
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, cream together butter and 2 cups of the sugar.
- ☐ Add eggs one at a time and beat well after each.
- ☐ Combine flour, baking soda, baking powder and 1 teaspoon of the cardamom.
- ☐ Add flour mixture to the creamed butter mixture alternately with the milk.
- ☐ In a small separate bowl, blend remaining sugar and cardamom. Dip rounded teaspoonfuls of dough into sugar/cardamom mixture.
- ☐ Place on greased baking sheets.
- ☐ Bake at 375 degrees F (190 degrees C) for 10–12 minutes or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:9.19, Inflammation Score:-1, Nutrition Score:1.5313043553058%

Nutrients (% of daily need)

Calories: 81.17kcal (4.06%), Fat: 2.84g (4.36%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.73g (4.63%), Sugar: 6.35g (7.05%), Cholesterol: 11.53mg (3.84%), Sodium: 41.04mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Selenium: 3.42µg (4.88%), Vitamin B1: 0.07mg (4.65%), Folate: 16.55µg (4.14%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.05mg (3.13%), Vitamin B3: 0.52mg (2.58%), Iron: 0.44mg (2.43%), Vitamin A: 88.13IU (1.76%), Phosphorus: 14.95mg (1.49%)