

Sour Cream Cookies II

READY IN

ready

45 min.

SERVINGS

servings

36

CALORIES

calories

174 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown sugar packed
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 2 cups pecans chopped
- ☐ 1.5 cups raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract

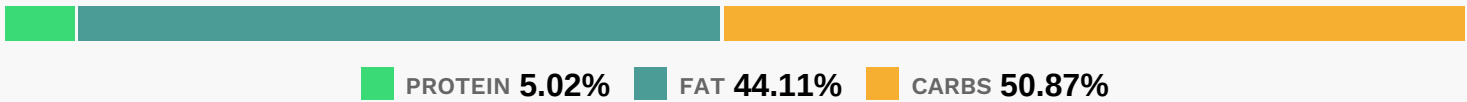
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a medium bowl, cream together the shortening, sugar, eggs, and vanilla until smooth. Then stir in the sour cream. Sift together the flour, salt, baking powder, and baking soda; stir into the creamed mixture. Finally, stir in the pecans and raisins. Cover dough and refrigerate for 1/2 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheet.
- ☐ Drop dough by teaspoonfuls onto a cookie sheet.
- ☐ Bake for 15 to 20 minutes. When cooled ice the cookies.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:8.34, Inflammation Score:-2, Nutrition Score:3.9700000169485%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 174.14kcal (8.71%), Fat: 8.81g (13.56%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 21.59g (7.85%), Sugar: 9.4g (10.45%), Cholesterol: 12.86mg (4.29%), Sodium: 78.63mg (3.42%),

Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.26g (4.52%), Manganese: 0.37mg (18.36%), Vitamin B1: 0.13mg (8.76%), Selenium: 4.89µg (6.99%), Copper: 0.11mg (5.66%), Folate: 22.2µg (5.55%), Vitamin B2: 0.09mg (5.43%), Fiber: 1.27g (5.09%), Iron: 0.91mg (5.08%), Phosphorus: 43.84mg (4.38%), Vitamin B3: 0.77mg (3.86%), Magnesium: 13.22mg (3.3%), Potassium: 109.55mg (3.13%), Zinc: 0.41mg (2.76%), Calcium: 26.25mg (2.62%), Vitamin E: 0.32mg (2.1%), Vitamin B6: 0.04mg (1.96%), Vitamin B5: 0.19mg (1.91%), Vitamin K: 1.86µg (1.77%), Vitamin A: 56.39IU (1.13%)