



Sour Cream Figure-Eights

 Vegetarian

READY IN



45 min.

SERVINGS



60

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter
- ☐ 1 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons sugar white

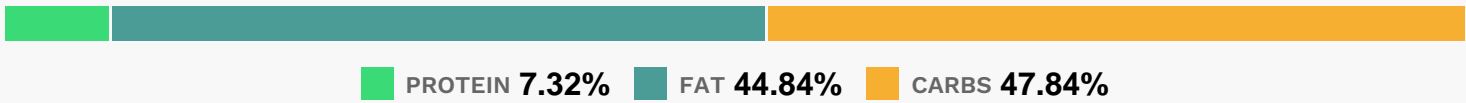
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ In a large bowl beat butter or margarine until softened.
- ☐ Add 1 cup sugar and beat until fluffy.
- ☐ Add the egg and vanilla and beat well.
- ☐ Stir together the flour, baking soda, salt, and nutmeg.
- ☐ Add flour mixture and sour cream alternately to butter mixture. Beat until well mixed.
- ☐ Cover and chill at least 2 hours or until easy to handle.
- ☐ Preheat oven to 350 degrees F.
- ☐ Combine cinnamon and 2 tablespoons of sugar in a small bowl.
- ☐ Roll dough 1/8 inch thick.
- ☐ Cut into rings with a 2 1/2-inch doughnut cutter.
- ☐ Twist the rings once to form figure eights and place 2 inches apart on an ungreased cookie sheet. Sprinkle with cinnamon-sugar mixture.
- ☐ Bake for 6-8 minutes or until done.
- ☐ Remove and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:3.44, Inflammation Score:-1, Nutrition Score:1.00000000011338%

Nutrients (% of daily need)

Calories: 40.98kcal (2.05%), Fat: 2.04g (3.13%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.72g (1.72%), Sugar: 0.49g (0.55%), Cholesterol: 7.93mg (2.64%), Sodium: 32.73mg (1.42%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0.75g (1.5%), Selenium: 2.26µg (3.23%), Vitamin B1: 0.05mg (3.05%), Folate: 11.01µg (2.75%), Manganese: 0.04mg (2.14%), Vitamin B2: 0.04mg (2.1%), Vitamin B3: 0.34mg (1.71%), Iron: 0.28mg (1.57%), Vitamin A: 63.23IU (1.26%)