



Sour Cream Sugar Cookies II

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



98 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup butter
- 2 eggs
- 3 cups flour all-purpose sifted
- 0.3 teaspoon salt
- 3 tablespoons cup heavy whipping cream sour
- 1.5 cups sugar white
- 0.5 cup lard

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Equipment

oven

cookie cutter

Directions

Cream butter, lard and sugar.

Add eggs and beat.

Mix sour cream and baking soda together and add to egg mixture.

Add flour and salt and mix well.

Chill dough until firm enough to roll.

Preheat oven to 400 degrees F (205 degrees C).

Roll out dough and cut with cookie cutter. It's wise to keep dough in refrigerator between rolling out batches.

Bake for 5 - 7 minutes.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:11.57, Inflammation Score:-1, Nutrition Score:1.8182608696592%

Nutrients (% of daily need)

Calories: 98.08kcal (4.9%), Fat: 3.11g (4.79%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 16.03g (5.83%), Sugar: 8.39g (9.32%), Cholesterol: 16.46mg (5.49%), Sodium: 55.69mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Selenium: 4.4µg (6.29%), Vitamin B1: 0.08mg (5.54%), Folate: 20.37µg (5.09%), Vitamin B2: 0.07mg (3.94%), Manganese: 0.07mg (3.61%), Vitamin B3: 0.62mg (3.1%), Iron: 0.53mg (2.95%), Vitamin A: 98.22IU (1.96%), Phosphorus: 17.61mg (1.76%), Fiber: 0.28g (1.13%)