



Sour Cream Sugar Cookies III

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup sugar white

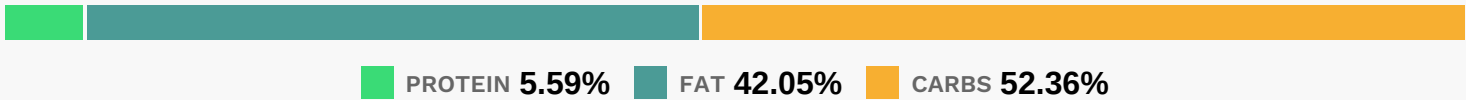
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Sift flour, baking powder, and salt. Cream butter with sugar, beat in egg, then stir in sour cream and vanilla. Stir in flour mixture 1/3 at a time.
- ☐ Wrap dough in wax paper and chill.
- ☐ Roll out 1/4 inch thick.
- ☐ Cut out cookies with your favorite cookie cutters. Put on ungreased cookie sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:6.54, Inflammation Score:-1, Nutrition Score:1.3986956477975%

Nutrients (% of daily need)

Calories: 69.91kcal (3.5%), Fat: 3.28g (5.05%), Saturated Fat: 1.98g (12.41%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 8.98g (3.27%), Sugar: 3.2g (3.55%), Cholesterol: 11.74mg (3.91%), Sodium: 66.56mg (2.89%), Alcohol: 0.03g (100%), Alcohol %: 0.21% (100%), Protein: 0.98g (1.96%), Selenium: 3.03µg (4.33%), Vitamin B1: 0.06mg (4.14%), Folate: 14.91µg (3.73%), Vitamin B2: 0.05mg (2.75%), Manganese: 0.05mg (2.7%), Vitamin B3: 0.46mg (2.32%), Iron: 0.4mg (2.22%), Vitamin A: 101.05IU (2.02%), Phosphorus: 15.67mg (1.57%), Calcium: 13.6mg (1.36%)