



Sour Cream Sugar Cookies V

READY IN



30 min.

SERVINGS



60

CALORIES



112 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

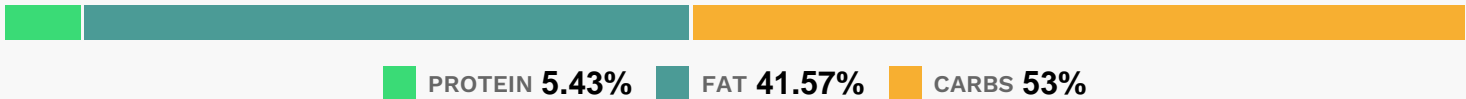
Equipment

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

Directions

- ☐ Sift together the flour, baking powder, baking soda and salt; set aside. In a large bowl, cream together the shortening and sugar until smooth. Beat in the eggs one at a time then stir in the vanilla and sour cream. Gradually mix in the sifted ingredients until just blended. Cover or wrap dough and chill overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets. On a lightly floured surface, roll the dough out to 1/4 inch in thickness.
- ☐ Cut into desired shapes with cookie cutters.
- ☐ Place cookies 1 1/2 inches apart onto cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven, until edges are lightly browned. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:10.46, Inflammation Score:-1, Nutrition Score:2.1095651796331%

Nutrients (% of daily need)

Calories: 112.41kcal (5.62%), Fat: 5.24g (8.06%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.74g (5.36%), Sugar: 6.96g (7.73%), Cholesterol: 12.71mg (4.24%), Sodium: 64.74mg (2.81%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Protein: 1.54g (3.08%), Selenium: 4.53µg (6.47%), Vitamin B1: 0.08mg (5.66%), Folate: 20.56µg (5.14%), Vitamin B2: 0.08mg (4.45%), Manganese: 0.07mg (3.65%), Vitamin B3: 0.62mg (3.12%), Iron: 0.56mg (3.08%), Phosphorus: 25.82mg (2.58%), Calcium: 22.41mg (2.24%), Vitamin K: 1.97µg (1.88%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.13mg (1.28%), Vitamin A: 59.64IU (1.19%), Fiber: 0.28g (1.13%)