



Southern Tea Cakes

READY IN



30 min.

SERVINGS



36

CALORIES



132 kcal

DESSERT

Ingredients

- 1 cup shortening
- 1.8 cups sugar
- 2 large eggs
- 0.5 cup milk
- 0.5 teaspoon vanilla extract
- 3 cups self raising flour

Equipment

- bowl

baking sheet

oven

Directions

In a bowl, cream together shortening and sugar. Beat in eggs.

Add milk and vanilla; beat well. Stir in flour; mix well.

Drop by tablespoonfuls 2-1/2 in. apart onto greased baking sheets.

Bake at 350° for 15-20 minutes.

Nutrition Facts



PROTEIN 5.14% **FAT 42.45%** **CARBS 52.41%**

Properties

Glycemic Index:4.86, Glycemic Load:11.74, Inflammation Score:-1, Nutrition Score:1.4304347854594%

Nutrients (% of daily need)

Calories: 131.54kcal (6.58%), Fat: 6.27g (9.65%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 17.17g (6.25%), Sugar: 9.92g (11.02%), Cholesterol: 10.74mg (3.58%), Sodium: 5.77mg (0.25%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Protein: 1.71g (3.42%), Selenium: 5.11µg (7.3%), Manganese: 0.08mg (4.2%), Vitamin K: 3.08µg (2.93%), Vitamin E: 0.42mg (2.81%), Phosphorus: 19.03mg (1.9%), Vitamin B2: 0.03mg (1.5%), Vitamin B5: 0.14mg (1.4%), Folate: 4.74µg (1.19%), Copper: 0.02mg (1.09%)