



Southern Tea Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



72

CALORIES



72 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 pound butter softened (2 sticks)
- ☐ 0.5 cup buttermilk
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla

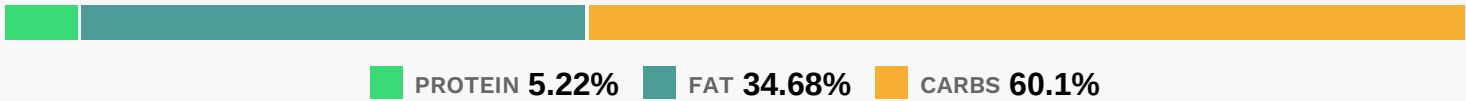
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large bowl sift flour, baking soda, and baking powder together.
- ☐ Add remaining ingredients and blend well. Dough should be soft.
- ☐ Roll dough out onto a floured surface until approximately 1/4-inch thick.
- ☐ Cut dough into desired shapes and bake on a slightly greased sheet for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:7.77, Inflammation Score:-1, Nutrition Score:1.2921739123438%

Nutrients (% of daily need)

Calories: 72.25kcal (3.61%), Fat: 2.81g (4.33%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.77g (3.92%), Sugar: 5.66g (6.29%), Cholesterol: 11.5mg (3.83%), Sodium: 50.92mg (2.21%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 0.95g (1.9%), Selenium: 2.86µg (4.08%), Vitamin B1: 0.06mg (3.73%), Folate: 13.46µg (3.37%), Vitamin B2: 0.04mg (2.64%), Manganese: 0.05mg (2.41%), Vitamin B3: 0.41mg (2.07%), Iron: 0.36mg (2%), Vitamin A: 88.07IU (1.76%), Phosphorus: 14.53mg (1.45%), Calcium: 10.99mg (1.1%)