



Spool Sugar Cookies

 Dairy Free

READY IN



94 min.

SERVINGS



36

CALORIES



145 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup confectioners' sugar
- ☐ 1 teaspoon cream of tartar
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup butter
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 1 cup vegetable oil
- ☐ 1 cup sugar white for decoration

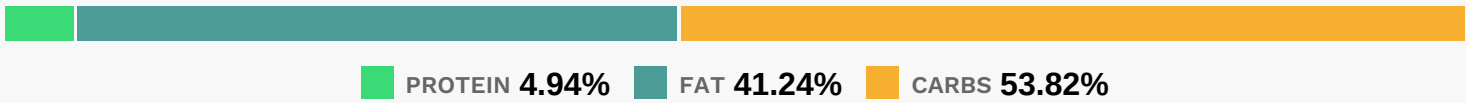
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream together the margarine, oil, white sugar and confectioners' sugar until smooth. Beat in the eggs, one at a time then stir in the vanilla.
- ☐ Combine the flour, baking soda, cream of tartar and salt; stir into the sugar mixture until just blended. Cover and chill dough for at least 3 hours or overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ Roll the chilled dough into walnut sized balls and roll the balls in the remaining sugar.
- ☐ Place them 2 inches apart onto the cookie sheets. Press into each ball with the open end of a plastic thread spool. Dip the spool into the sugar between each cookie to prevent sticking problems.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Do not over bake or you will lose the delicate taste. Enjoy!

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:11.55, Inflammation Score:-3, Nutrition Score:2.5769565346772%

Nutrients (% of daily need)

Calories: 144.98kcal (7.25%), Fat: 6.67g (10.27%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 19.22g (6.99%), Sugar: 8.86g (9.85%), Cholesterol: 9.09mg (3.03%), Sodium: 158.38mg (6.89%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 1.8g (3.6%), Selenium: 5.51µg (7.88%), Vitamin B1: 0.11mg (7.38%), Folate: 26.63µg (6.66%), Vitamin B2: 0.08mg (4.94%), Manganese: 0.1mg (4.82%), Vitamin A: 238.75IU

(4.77%), Vitamin B3: 0.82mg (4.12%), Iron: 0.7mg (3.87%), Vitamin E: 0.33mg (2.19%), Vitamin K: 2.28µg (2.17%), Phosphorus: 21.3mg (2.13%), Fiber: 0.38g (1.5%), Copper: 0.02mg (1.13%), Vitamin B5: 0.1mg (1.04%)