



Spur Sugar Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



171 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 eggs
- 0.5 cup evaporated milk
- 5.5 cups flour all-purpose
- 1 teaspoon lemon extract
- 0.5 cup milk
- 1 teaspoon salt
- 1 cup shortening
- 2 cups granulated sugar white

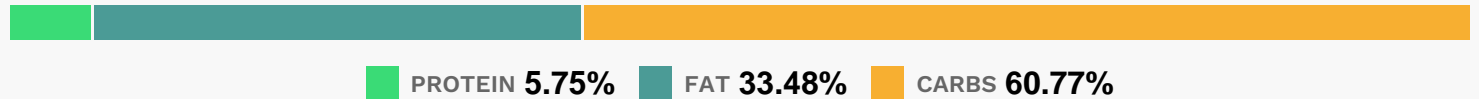
Equipment

- oven
- cookie cutter

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cream the sugar with the shortening. Stir in the egg, salt and lemon flavoring.
- Combine the milk and the evaporated milk. Dissolve the baking soda in the milks.
- Add this mixture to the creamed mixture and combine well. Stir in enough of the flour to make a stiff dough.
- You can either roll out the dough and cut with cookie cutters or roll the dough into balls and press flat with the bottom of a glass. If desired sprinkle the cookies with sugar before baking.
- Bake at 350 degrees F (175 degrees CO for 10 to 12 minutes or until cookies are soft and lightly browned around the edges. Be careful not to overbake!

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:18.36, Inflammation Score:-1, Nutrition Score:3.2865217347508%

Nutrients (% of daily need)

Calories: 171.14kcal (8.56%), Fat: 6.41g (9.86%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 25.64g (9.32%), Sugar: 11.66g (12.95%), Cholesterol: 5.97mg (1.99%), Sodium: 102.45mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.95%), Vitamin B1: 0.16mg (10.34%), Selenium: 7.06µg (10.09%), Folate: 35.8µg (8.95%), Vitamin B2: 0.12mg (6.93%), Manganese: 0.13mg (6.58%), Vitamin B3: 1.14mg (5.69%), Iron: 0.92mg (5.13%), Phosphorus: 33.57mg (3.36%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.38mg (2.54%), Fiber: 0.52g (2.06%), Vitamin B5: 0.18mg (1.76%), Calcium: 17.06mg (1.71%), Copper: 0.03mg (1.49%), Magnesium: 5.6mg (1.4%), Zinc: 0.19mg (1.28%), Potassium: 38.04mg (1.09%)