



## Stir and Drop Sugar Cookies II

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



38 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 3 egg whites
- 2 cups flour all-purpose
- 1 teaspoon lemon zest
- 0.5 teaspoon salt
- 2 teaspoons vanilla extract
- 0.7 cup vegetable oil
- 0.8 cup sugar white

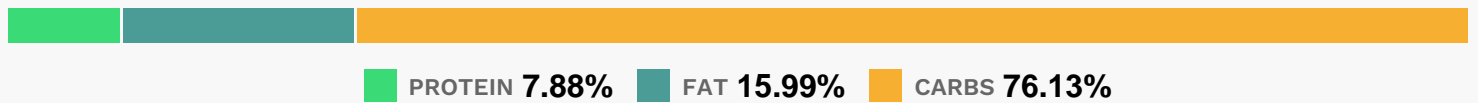
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 400 degrees F (205 degrees C).
- Beat egg whites with fork. Stir in vegetable oil, vanilla, and lemon rind. Blend in sugar until mixture thickens.
- Measure flour by dipping method or by sifting. Stir together flour, baking powder, and salt; blend into egg mixture. Drop dough by teaspoonfuls about 2 inches apart on ungreased baking sheet. Flatten with oiled bottom of glass dipped in sugar.
- Bake 8 to 10 minutes or until a delicate brown.
- Remove from baking sheet immediately.

## Nutrition Facts



## Properties

Glycemic Index:4.94, Glycemic Load:5.1, Inflammation Score:-1, Nutrition Score:0.9104347853395%

## Nutrients (% of daily need)

Calories: 37.91kcal (1.9%), Fat: 0.67g (1.03%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 7.03g (2.56%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 45.16mg (1.96%), Alcohol: 0.06g (100%), Alcohol %: 0.53% (100%), Protein: 0.74g (1.49%), Selenium: 2.16µg (3.09%), Vitamin B1: 0.04mg (2.73%), Folate: 9.61µg (2.4%), Vitamin B2: 0.03mg (2.04%), Manganese: 0.04mg (1.82%), Vitamin B3: 0.31mg (1.55%), Iron: 0.26mg (1.47%), Vitamin K: 1.13µg (1.08%), Calcium: 10.83mg (1.08%)