

Sugar Cookies XI

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.8 tablespoon baking soda
- ☐ 2 cups buttermilk
- ☐ 4 eggs
- ☐ 7 cups flour all-purpose
- ☐ 0.5 tablespoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 3 cups sugar white

- ☐ 2 cups lard
- ☐ 2 cups lard

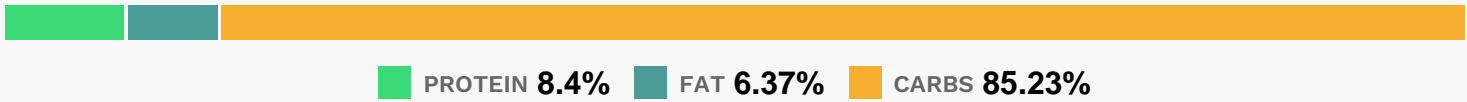
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ In a large bowl, cream sugar and lard together.
- ☐ Add eggs and vanilla, mix until smooth. Sift together the flour, baking powder, baking soda and salt.
- ☐ Add the dry ingredients alternately with the buttermilk. Dough should be soft but not soupy. Chill for at least 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease baking sheets.
- ☐ On a lightly floured surface, roll the dough out to 1/4 inch thickness.
- ☐ Cut with cookie cutters and place onto the prepared baking sheets.
- ☐ Bake for 12 to 15 minutes in the preheated oven.
- ☐ Remove cookies to cool on wire racks. Frost with Butter Icing for Cookies.

Nutrition Facts



Properties

Glycemic Index:3.72, Glycemic Load:12.71, Inflammation Score:-1, Nutrition Score:2.2547826104514%

Nutrients (% of daily need)

Calories: 84.44kcal (4.22%), Fat: 0.6g (0.92%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.69g (6.43%), Sugar: 8.7g (9.66%), Cholesterol: 9.83mg (3.28%), Sodium: 128.79mg (5.6%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.78g (3.55%), Selenium: 5.17µg (7.38%), Vitamin B1: 0.1mg

(6.63%), Folate: 23.72µg (5.93%), Vitamin B2: 0.08mg (4.96%), Manganese: 0.08mg (4.23%), Vitamin B3: 0.73mg (3.63%), Iron: 0.65mg (3.61%), Phosphorus: 30.94mg (3.09%), Calcium: 30.57mg (3.06%), Fiber: 0.33g (1.32%), Vitamin B5: 0.12mg (1.16%), Copper: 0.02mg (1.08%)