



Sugar Cookies XII

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



91 kcal

DESSERT

Ingredients

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

- ☐ 2 cups lard
- ☐ 2 cups lard

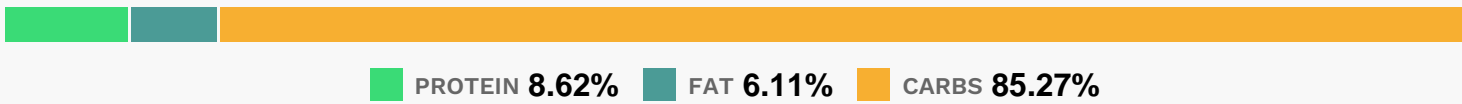
Equipment

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

Directions

- ☐ In a large bowl, cream together the sugar and lard until smooth. Beat in the eggs one at a time then stir in the vanilla and buttermilk.
- ☐ Combine the flour, baking powder, baking soda and salt; blend into the creamed mixture. Cover dough and chill for at least 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ On a lightly floured surface, roll out the dough to 1/4 inch thickness.
- ☐ Cut with cookie cutters, into desired shapes.
- ☐ Place on unprepared cookie sheets.
- ☐ Bake for 12 to 15 minutes in the preheated oven.
- ☐ Remove from baking sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:3.72, Glycemic Load:13.67, Inflammation Score:-1, Nutrition Score:2.4930434631913%

Nutrients (% of daily need)

Calories: 90.76kcal (4.54%), Fat: 0.62g (0.95%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 18.97g (6.9%), Sugar: 8.7g (9.67%), Cholesterol: 9.83mg (3.28%), Sodium: 128.82mg (5.6%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.96g (3.91%), Selenium: 5.76µg (8.22%), Vitamin B1: 0.11mg (7.54%),

Folate: 26.9µg (6.72%), Vitamin B2: 0.09mg (5.47%), Manganese: 0.1mg (4.82%), Vitamin B3: 0.83mg (4.14%), Iron: 0.73mg (4.06%), Phosphorus: 32.82mg (3.28%), Calcium: 30.83mg (3.08%), Fiber: 0.38g (1.5%), Vitamin B5: 0.12mg (1.24%), Copper: 0.02mg (1.21%), Magnesium: 4.12mg (1.03%), Zinc: 0.16mg (1.03%)