

Sugar Snaps

READY IN



35 min.

SERVINGS



36

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 4 egg yolks
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 2 cups sugar white

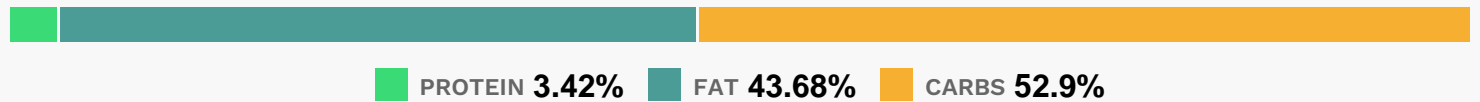
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- In a medium bowl, cream together the butter, shortening, and sugar. Beat in the egg yolks one at a time, then stir in the vanilla.
- Combine the flour, baking soda, and salt; stir into the creamed mixture.
- Roll dough into walnut size-balls and place 2 inches apart onto an unprepared cookie sheet.
- Bake for 20 minutes in the preheated oven. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:11.59, Inflammation Score:-1, Nutrition Score:1.5752174024997%

Nutrients (% of daily need)

Calories: 122.59kcal (6.13%), Fat: 6.04g (9.29%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 16.27g (5.91%), Sugar: 11.13g (12.37%), Cholesterol: 28.38mg (9.46%), Sodium: 68.16mg (2.96%), Alcohol: 0.04g (100%), Alcohol %: 0.18% (100%), Protein: 1.06g (2.12%), Selenium: 3.57µg (5.1%), Folate: 15.72µg (3.93%), Vitamin B1: 0.06mg (3.92%), Vitamin B2: 0.05mg (2.83%), Manganese: 0.05mg (2.46%), Vitamin A: 107.63IU (2.15%), Iron: 0.39mg (2.14%), Vitamin B3: 0.41mg (2.06%), Vitamin E: 0.3mg (2.02%), Vitamin K: 1.77µg (1.69%), Phosphorus: 16.06mg (1.61%), Vitamin B5: 0.11mg (1.13%)