



Swedish Cookies (Brunscrackers)

 Dairy Free

READY IN



37 min.

SERVINGS



12

CALORIES



289 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter (or margarine)
- 2 cups flour
- 2 tablespoons golden syrup
- 1 cup sugar
- 1 teaspoon tsp vanilla sugar

Equipment

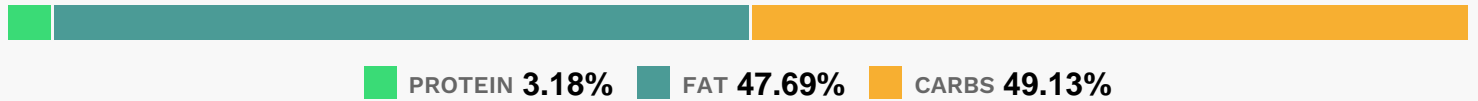
- bowl

- frying pan
- oven
- wire rack

Directions

- Preheat oven to 350 degrees F (175 degrees C). Sift together the flour and baking soda.
- In a separate bowl, cream together the butter, sugar, vanilla sugar, and golden syrup; mix well. Stir in the flour and mix until just incorporated. Form dough into two, 1 inch thick elongated rolls the length of your cookie pan.
- Place them on the cookie pan with enough space in between for them to spread.
- Bake in preheated oven until they are light golden brown and have flattened; about 20 to 22 minutes if using margarine, or 13 to 15 minutes if using butter.
- Remove from oven and let cool slightly for about 3 minutes.
- Cut diagonally into 1 to 2 inch strips while still warm.
- Remove individual cookies to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:23.18, Glycemic Load:25.2, Inflammation Score:-5, Nutrition Score:3.7539130028175%

Nutrients (% of daily need)

Calories: 289.03kcal (14.45%), Fat: 15.49g (23.83%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 35.34g (12.85%), Sugar: 19.93g (22.14%), Cholesterol: 0mg (0%), Sodium: 270.17mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin A: 676.65IU (13.53%), Vitamin B1: 0.17mg (11.03%), Selenium: 7.17µg (10.24%), Folate: 38.31µg (9.58%), Manganese: 0.14mg (7.14%), Vitamin B2: 0.11mg (6.66%), Vitamin B3: 1.23mg (6.17%), Iron: 0.98mg (5.42%), Vitamin E: 0.6mg (3.99%), Phosphorus: 26.85mg (2.69%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.56%), Magnesium: 5.15mg (1.29%), Vitamin B5: 0.11mg (1.07%)