



## Swedish Dream Cookies

READY IN



45 min.

SERVINGS



96

CALORIES



72 kcal

DESSERT

### Ingredients

- 1.5 teaspoons almond extract
- 1 cup butter
- 1 cup coconut or flaked
- 3 cups flour all-purpose sifted
- 1 cup shortening
- 1 tablespoon water boiling
- 2 cups sugar white

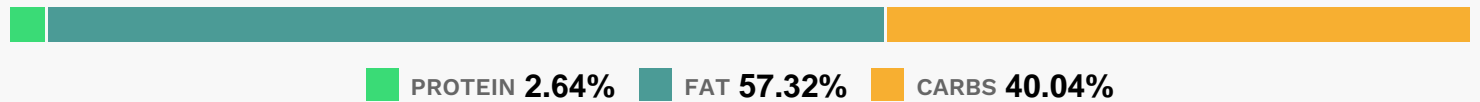
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F ( 175 degrees C).
- In a large bowl, cream together shortening and butter. Gradually add sugar and almond extract.
- Mix on high speed for 10 minutes.
- In a small bowl, dissolve the baker's ammonia with the boiling water, adding the water a little at a time.
- Add this to the butter mixture.
- Stir in the flour and coconut .
- Mix well.
- Drop cookies from a teaspoon onto a well greased cookie sheet.
- Bake cookies in preheated oven for 9 to 11 minutes. Cookies should be set but not brown.
- Let cookies cool on the cookie sheet for a few minutes before removing.

## Nutrition Facts



## Properties

Glycemic Index:2.03, Glycemic Load:5.07, Inflammation Score:-1, Nutrition Score:0.88173912773314%

## Nutrients (% of daily need)

Calories: 72.12kcal (3.61%), Fat: 4.68g (7.19%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.24g (4.71%), Cholesterol: 5.08mg (1.69%), Sodium: 15.75mg (0.68%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.48g (0.97%), Manganese: 0.05mg (2.56%), Selenium: 1.54µg (2.2%), Vitamin B1: 0.03mg (2.12%), Folate: 7.3µg (1.82%), Vitamin E: 0.19mg (1.28%), Vitamin B2: 0.02mg (1.28%), Vitamin K: 1.32µg (1.25%), Iron: 0.21mg (1.19%), Vitamin B3: 0.24mg (1.19%), Vitamin A: 59.09IU (1.18%)