



Tea Cakes I

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



83 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1.5 cups sugar white

Equipment

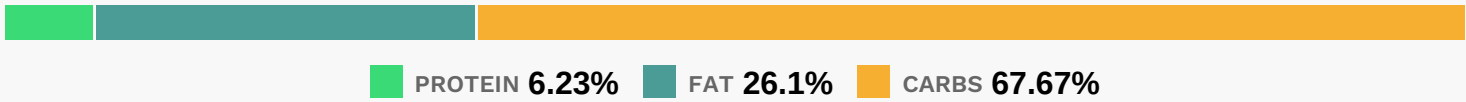
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Mix shortening and sugar well.
- ☐ Add eggs.
- ☐ Mix dry ingredients together and add to shortening mixture until dough is stiff and doesn't seem sticky (you may not need to add all of the flour).
- ☐ Roll out on a floured board.
- ☐ Cut into shapes. Decorate with sprinkles or colored sugar. Re-roll trimmings and cut into shapes until all of the dough has been used.
- ☐ Bake on lightly greased cookie sheets for 8 to 9 minutes.

Nutrition Facts



Properties

Glycemic Index:3.02, Glycemic Load:10.11, Inflammation Score:-1, Nutrition Score:1.7000000036281%

Nutrients (% of daily need)

Calories: 83.48kcal (4.17%), Fat: 2.43g (3.74%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 13.91g (5.06%), Sugar: 6.27g (6.97%), Cholesterol: 6.82mg (2.27%), Sodium: 49.98mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Selenium: 4.13µg (5.9%), Vitamin B1: 0.08mg (5.53%), Folate: 19.92µg (4.98%), Vitamin B2: 0.06mg (3.59%), Manganese: 0.07mg (3.59%), Vitamin B3: 0.62mg (3.08%), Iron: 0.52mg (2.89%), Phosphorus: 14.88mg (1.49%), Fiber: 0.28g (1.13%), Vitamin K: 1.17µg (1.12%), Vitamin E: 0.16mg (1.04%)