



Tender Crisp Sugar Cookies

READY IN



35 min.

SERVINGS



100

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups butter
- ☐ 1.5 cups confectioners' sugar
- ☐ 1.5 teaspoons cream of tartar
- ☐ 3 eggs
- ☐ 6.8 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups shortening
- ☐ 4.5 teaspoons vanilla extract

☐ 1.5 cups sugar white

Equipment

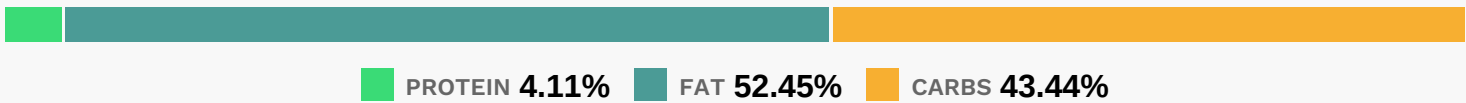
☐ baking sheet

☐ oven

Directions

- ☐ Cream butter, shortening and sugars until light and fluffy. Beat in eggs and vanilla. Sift dry ingredients, add to creamed mixture; mix to blend.
- ☐ Shape dough into 1 inch balls. Dip in regular or colored sugar or decorator sprinkles.
- ☐ Place on lightly greased cookie sheet. Flatten slightly with the bottom of a water glass.
- ☐ Bake at 375 degrees F (190 degrees C) for 10–12 minutes. *Larger cookies bake at 350 degrees F (175 degrees C) for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:1.95, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:1.5626087007315%

Nutrients (% of daily need)

Calories: 103.38kcal (5.17%), Fat: 6.05g (9.31%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 11.06g (4.02%), Sugar: 4.81g (5.34%), Cholesterol: 12.23mg (4.08%), Sodium: 52.21mg (2.27%), Alcohol: 0.06g (100%), Alcohol %: 0.37% (100%), Protein: 1.07g (2.13%), Selenium: 3.33µg (4.76%), Vitamin B1: 0.07mg (4.5%), Folate: 16.16µg (4.04%), Vitamin B2: 0.05mg (2.94%), Manganese: 0.06mg (2.93%), Vitamin B3: 0.5mg (2.51%), Iron: 0.42mg (2.34%), Vitamin E: 0.29mg (1.91%), Vitamin A: 92.22IU (1.84%), Vitamin K: 1.9µg (1.81%), Phosphorus: 12.56mg (1.26%)