

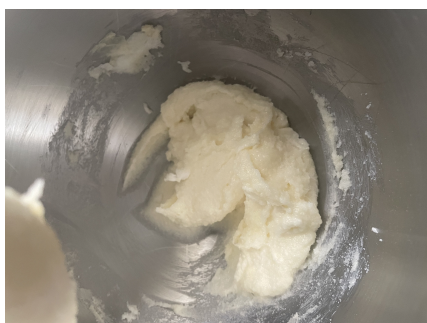
Cardamom Sugar Cookies with Orange Glaze

Recipe group Baked Goods	Additional name Baking & Pastry	Diet factors VG, NF	Portions 12	Portion size 1.17 oz
-----------------------------	------------------------------------	------------------------	----------------	-------------------------

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/3 cup	0 lb 2.34 oz	0%	0 lb 2.34 oz	Sugar, White, granulated	Sugar Cookies: In a stand mixer with paddle attachment, cream all ingredients in step 1 until smooth.
	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Non-Dairy Butter, Unsalted Softened	
	2 tbsp	0 lb 0.92 oz	0%	0 lb 0.92 oz	Shortening, Vegetable	



Butter, shortening, and sugar in mixer



Butter, shortening, and sugar combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Extract, Vanilla	Add vanilla extract to stand mixer and combine.



Vanilla added



Vanilla combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 cup	0 lb 4.60 oz	0%	0 lb 4.60 oz	Flour, All-Purpose	In a large bowl, sift dry ingredients from step 3 and add to stand mixer along with milk. Mix until a dough is formed
	1 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Cardamom, ground	
	1/4 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Baking Soda	
	1/8 tsp	0 lb 0.01 oz	0%	0 lb 0.01 oz	Salt, Kosher	
	2 2/3 tbsp	0 lb 1.32 oz	0%	0 lb 1.32 oz	Non-Dairy Milk, Soy, unsweetened	



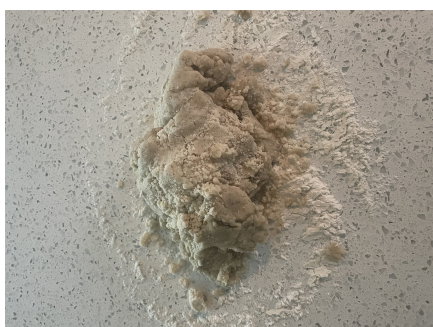
Ingredients added to stand mixer



Dough formed

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				Preheat oven to 350°F. Transfer dough to a floured surface and knead into a dough ball. Flour doughball and roll out to 1/4" thickness. Using a 2 1/2" round cookie cutter, cut out cookies and place on a lined sheet pan. Bake for 10-12 minutes. Cookies will harden as they cool.

4



Dough transferred to floured surface



Doughball created, floured, and ready to roll



Dough rolled out and cookies portioned

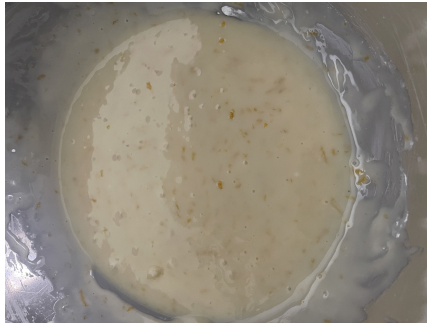


Cookies, baked

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	2/3 cup	0 lb 2.87 oz	0% 0 lb 2.87 oz Sugar, White, powdered	Orange Glaze: Whisk all ingredients in step 5 in a mixing bowl.
	1 1/2 tbsp	0 lb 0.75 oz	0% 0 lb 0.75 oz Oranges, juice	
	1 tsp	0 lb 0.07 oz	0% 0 lb 0.07 oz Oranges, zest	



Ingredients in bowl



Orange glaze

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6				Drizzle orange glaze over cookies and set.

6



Orange glaze drizzled on cookies



Cardamom Sugar Cookies with Orange Glaze

RECIPE IMAGES



Cardamom Sugar Cookies with Orange Glaze

ALLERGENS

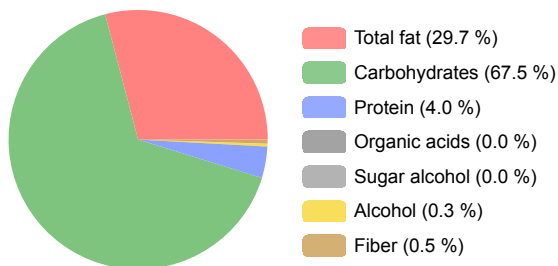
-

NUTRITION INFORMATION

per portion

Energy nutritives	RDI	% of energy	Calories		Minerals		Vitamins		
			Calories	RDI	Minerals	RDI	Vitamins	RDI	
Total fat	4.25 g	5 %	126.40 kcal	6 %	Salt	0.10 g			
		29.74 %	528.85 kJ		Salt	0.31 %	Vitamin A	19.54 µg 2 %	
Saturated	0.93 g	5 %			Sodium	41.11 mg	2 %	Vitamin D	0.04 µg 0 %
Monounsaturated	1.84 g				Phosphorus	13.47 mg	1 %	Thiamine	0.02 mg 2 %
		12.86 %			Potassium	21.95 mg	0 %	Riboflavin	0.02 mg 2 %
Polyunsaturated	1.26 g				Iron	0.18 mg	1 %	Niacin	0.15 mg 1 %
Trans fatty acids	0.64 g				Calcium	6.56 mg	1 %	Vitamin B6	0.01 mg 1 %
Cholesterol	0.00 mg	0 %			Zinc	0.09 mg	1 %	Vitamin B12	0.04 µg 2 %
Linolenic acid	1.14 g				Magnesium	3.56 mg	1 %	Folate	0.00 µg 0 %
Alpha-linolenic acid	40.93 mg				Iodine	0.00 µg	0 %	Vitamin C	1.01 mg 1 %
Total Carbohydrate	21.00 g	8 %			Selenium	3.76 µg	7 %	Vitamin E	0.35 mg 2 %
		67.50 %			Copper	0.02 mg	2 %	Vitamin K	3.39 µg 3 %
Sugars total	12.39 g	25 %						Others	
Added sugar	0.00 g	0 %						Water	6.43 g
Lactose	0.00 g								
Fiber	0.36 g	1 %							
Organic acids	0.00 g	0.00 %							
Sugar alcohol	0.00 g	0.00 %							
Starch	0.09 g	0.27 %							
Protein	1.25 g	2 %							
Alcohol	0.06 g	0.34 %							

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.