



All-in-One Cookie Dough

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



112 kcal

DESSERT

Ingredients

- 1 cup butter unsalted room temperature (2 sticks)
- 0.8 cup sugar
- 0.5 teaspoon salt
- 2 large egg yolk
- 1 teaspoon vanilla extract pure
- 2.3 cups flour all-purpose (spooned and leveled)

Equipment

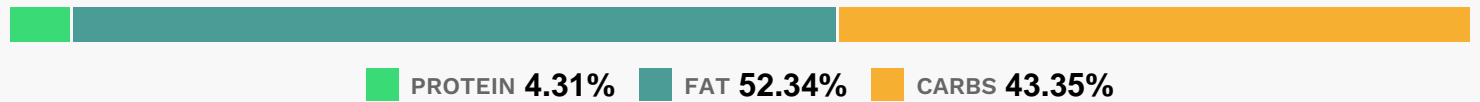
- bowl

- whisk
- blender
- hand mixer

Directions

- In a large bowl, using an electric mixer, beat butter, sugar, and salt until light and fluffy.
- Add yolks, one at a time, scraping the bowl after each addition.
- Add vanilla. With mixer on low, add flour; mix just until combined. Wrap in plastic; chill until firm, about 1 hour.
- Whisk 1 tablespoon grated lemon, lime, or orange zest (or a combination), or 1 tablespoon pumpkin-pie spice into the flour before adding it to the butter mixture.

Nutrition Facts



Properties

Glycemic Index:4.84, Glycemic Load:8.67, Inflammation Score:-2, Nutrition Score:1.8247826151226%

Nutrients (% of daily need)

Calories: 111.66kcal (5.58%), Fat: 6.55g (10.07%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.94g (4.34%), Sugar: 5.04g (5.6%), Cholesterol: 28.51mg (9.5%), Sodium: 40.38mg (1.76%), Alcohol: 0.05g (100%), Alcohol %: 0.25% (100%), Protein: 1.21g (2.43%), Selenium: 3.92µg (5.6%), Vitamin B1: 0.08mg (5.07%), Folate: 19.04µg (4.76%), Vitamin A: 205.43IU (4.11%), Vitamin B2: 0.06mg (3.29%), Manganese: 0.07mg (3.27%), Vitamin B3: 0.56mg (2.79%), Iron: 0.47mg (2.61%), Phosphorus: 16.37mg (1.64%), Vitamin E: 0.21mg (1.4%), Vitamin D: 0.17µg (1.16%), Fiber: 0.25g (1.01%)