

Alphabet Cookies

 Vegetarian

READY IN



240 min.

SERVINGS



36

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 36 servings various food colorings
- ☐ 36 servings decorating icing
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 0.8 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

Equipment

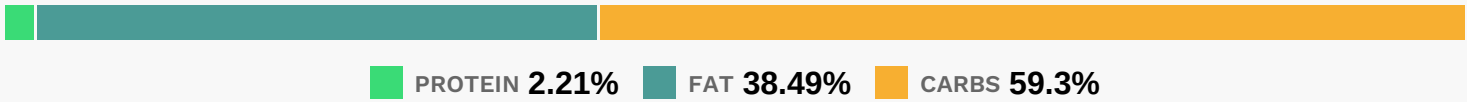
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ziploc bags
- ☐ wax paper
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Whisk together flour and salt in a small bowl.
- ☐ Beat together butter and sugar in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a standing mixer (preferably fitted with paddle attachment) or 6 minutes with a handheld, then beat in egg and vanilla. Reduce speed to low and add flour mixture, mixing until just combined.
- ☐ Form dough into 2 balls and flatten each into a 6-inch disk. Chill disks, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Roll out 1 piece of dough (keep remaining dough chilled) into an 8 1/2-inch round (1/4 inch thick) on a well-floured surface with a well-floured rolling pin. (If dough becomes too soft to roll out, rewrap in plastic and chill until firm.)
- ☐ Cut out as many cookies as possible from dough with cutters and transfer to 2 ungreased large baking sheets, arranging about 1 inch apart.
- ☐ Bake cookies, 1 sheet at a time, until edges are golden, 10 to 12 minutes, then transfer with a metal spatula to racks to cool completely.

- ☐ Gather scraps and chill until dough is firm enough to reroll, 10 to 15 minutes. Make more cookies with remaining dough and scraps (reroll only once) in same manner on cooled baking sheets.
- ☐ For each color (you can make up to 7), transfer 1/4 cup icing to a separate small bowl and tint with food coloring. Snip off 1 corner of each plastic bag to create a 1/4-inch opening, then spoon each color icing into a bag, pressing out excess air. Twist each bag firmly just above icing, then decoratively pipe (or spread) colored icing onto cookies.
- ☐ Let icing dry completely (about 1 hour, depending on humidity) before storing cookies.
- ☐ *Wilton Paste Food Coloring available at wilton.com.
- ☐ **Available at some bakeware shops and Sweet Celebrations (800-328-6722).
- ☐ ·Dough can be chilled up to 3 days.·Cookies (with or without icing) can be made 1 week ahead and kept in an airtight container, layered between sheets of wax paper or parchment, at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.22, Glycemic Load:15.88, Inflammation Score:-1, Nutrition Score:2.1326087376346%

Nutrients (% of daily need)

Calories: 200.89kcal (10.04%), Fat: 8.6g (13.23%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 29.58g (10.76%), Sugar: 21.87g (24.3%), Cholesterol: 15.33mg (5.11%), Sodium: 102.69mg (4.46%), Alcohol: 0.04g (100%), Alcohol %: 0.1% (100%), Protein: 1.11g (2.22%), Vitamin B2: 0.14mg (8.02%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.07mg (4.78%), Folate: 18.92µg (4.73%), Vitamin K: 4µg (3.81%), Vitamin E: 0.56mg (3.72%), Manganese: 0.06mg (3.02%), Vitamin B3: 0.58mg (2.89%), Iron: 0.48mg (2.64%), Vitamin A: 125.68IU (2.51%), Phosphorus: 18.31mg (1.83%)