



An Old Cut-Out Sugar Cookie

READY IN



45 min.

SERVINGS



40

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 18 oz all purpose flour
- ☐ 1 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 0.3 cup reduced fat milk mixed whole with a teaspoon of cream in
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla plus a little almond extract if desired

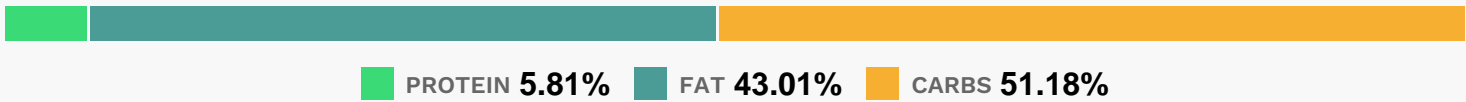
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 400 degrees F. Have ready two baking sheets lined with parchment paper.In a large bowl, cut the shortening into the flour. I did this by hand, but you could probably use a food processor.
- ☐ Add the salt and stir well.
- ☐ Combine the eggs and sugar in a second bowl and beat well – I did this with a hand-held mixer.
- ☐ Combine the milk, vanilla and baking soda in a small cup.
- ☐ Add the egg mixture and the milk mixture to the flour mixture and stir until it's all blended and you have a dough. At this point I chilled mine for about half an hour, but the recipe doesn't say you have to.On a floured surface, roll a half or a quarter (I never roll it all at once) into a ¼ inch thick slab and cut out shapes.
- ☐ Bake for 8–12 minutes or until your cookies are golden brown (these get quite brown) and appear set.
- ☐ Remove from baking sheet and let cool completely.Ice with royal frosting or butter cream.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:10.53, Inflammation Score:-1, Nutrition Score:2.2556521646355%

Nutrients (% of daily need)

Calories: 115.59kcal (5.78%), Fat: 5.53g (8.51%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 14.47g (5.26%), Sugar: 5.12g (5.69%), Cholesterol: 9.42mg (3.14%), Sodium: 61.19mg (2.66%), Alcohol: 0.03g (100%), Alcohol %: 0.16% (100%), Protein: 1.68g (3.36%), Selenium: 5.16µg (7.37%), Vitamin B1: 0.1mg (6.85%), Folate: 24.59µg (6.15%), Vitamin B2: 0.08mg (4.6%), Manganese: 0.09mg (4.42%), Vitamin B3: 0.76mg (3.78%), Iron: 0.64mg (3.57%), Vitamin K: 2.78µg (2.64%), Vitamin E: 0.35mg (2.32%), Phosphorus: 20.09mg (2.01%), Fiber: 0.34g (1.38%), Vitamin B5: 0.13mg (1.34%), Copper: 0.02mg (1.04%)