



Basic Sugar-Cookie Dough

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1822 kcal

DESSERT

Ingredients

- 2 cups butter unsalted room temperature (4 sticks)
- 2 cups sugar
- 2 large eggs
- 2 tablespoons vanilla extract pure
- 2 teaspoons salt
- 5 cups flour all-purpose

Equipment

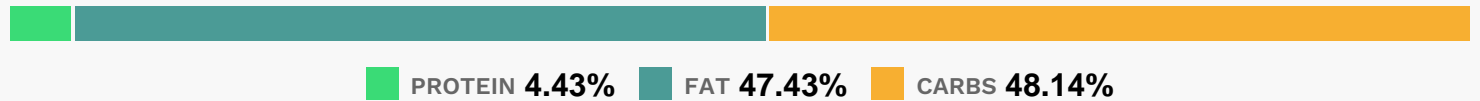
- bowl

- blender
- plastic wrap
- hand mixer

Directions

- In the bowl of an electric mixer fitted with the paddle attachment, cream butter and sugar on high speed until light and fluffy, about 5 minutes.
- Add eggs, vanilla, and salt; mix on medium speed until combined. With mixer on low speed, add flour in 2 batches, mixing just until incorporated.
- Divide dough into 4 equal portions.
- Place each on a piece of plastic wrap; flatten into disks. Wrap in plastic wrap; refrigerate until firm, at least 2 hours or up to 1 week.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:156.07, Inflammation Score:-9, Nutrition Score:28.862173806066%

Nutrients (% of daily need)

Calories: 1822.01kcal (91.1%), Fat: 96.29g (148.14%), Saturated Fat: 59.33g (370.8%), Carbohydrates: 219.9g (73.3%), Net Carbohydrates: 215.69g (78.43%), Sugar: 101.2g (112.45%), Cholesterol: 337.02mg (112.34%), Sodium: 1215.43mg (52.84%), Alcohol: 2.24g (100%), Alcohol %: 0.7% (100%), Protein: 20.26g (40.52%), Selenium: 62.38µg (89.12%), Vitamin B1: 1.24mg (82.86%), Folate: 301.09µg (75.27%), Vitamin A: 2971.36IU (59.43%), Vitamin B2: 0.95mg (55.88%), Manganese: 1.1mg (54.96%), Vitamin B3: 9.32mg (46.6%), Iron: 7.78mg (43.21%), Phosphorus: 245.88mg (24.59%), Vitamin E: 2.99mg (19.93%), Fiber: 4.22g (16.88%), Vitamin D: 2.2µg (14.68%), Copper: 0.27mg (13.69%), Vitamin B5: 1.19mg (11.95%), Zinc: 1.54mg (10.26%), Magnesium: 40.46mg (10.11%), Vitamin K: 8.49µg (8.08%), Vitamin B12: 0.42µg (6.92%), Potassium: 240.79mg (6.88%), Calcium: 67.11mg (6.71%), Vitamin B6: 0.12mg (5.82%)