



Basic Vanilla Cookie Dough

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



642 kcal

DESSERT

Ingredients

- 3 cups flour all-purpose
- 0.8 teaspoon double-acting baking powder (omit if making thumbprints, ball cookies, or spritz cookies)
- 0.5 teaspoon salt
- 2 sticks butter unsalted
- 1 cup sugar
- 1 large eggs
- 2 teaspoons vanilla extract pure

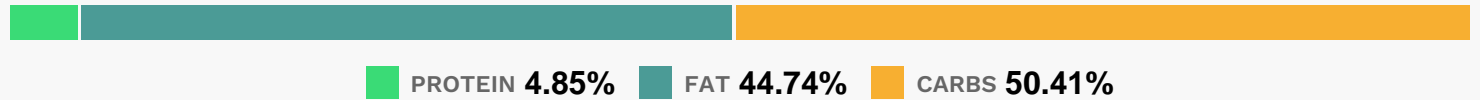
Equipment

- bowl
- whisk
- blender

Directions

- Whisk together flour, baking powder, and salt in a large bowl. Beat butter and granulated sugar with a mixer on medium-high speed until pale and fluffy. Beat in egg and vanilla. Reduce speed to low.
- Thumbprints and Ball Cookies
- Shaped Icebox Cookies
- Layered Icebox Cookies
- Glazed Spritz Cookies
- Cutout Cookies

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:57.9, Inflammation Score:-7, Nutrition Score:11.219565194586%

Nutrients (% of daily need)

Calories: 641.92kcal (32.1%), Fat: 32.06g (49.33%), Saturated Fat: 19.71g (123.17%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 79.6g (28.94%), Sugar: 33.66g (37.4%), Cholesterol: 111.98mg (37.33%), Sodium: 264.47mg (11.5%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Protein: 7.83g (15.65%), Selenium: 24.32µg (34.75%), Vitamin B1: 0.5mg (33.07%), Folate: 119.42µg (29.86%), Manganese: 0.44mg (21.75%), Vitamin B2: 0.37mg (21.6%), Vitamin A: 986.29IU (19.73%), Vitamin B3: 3.72mg (18.59%), Iron: 3.13mg (17.38%), Phosphorus: 104.07mg (10.41%), Fiber: 1.69g (6.75%), Vitamin E: 1mg (6.66%), Calcium: 53.06mg (5.31%), Copper: 0.11mg (5.28%), Vitamin D: 0.73µg (4.88%), Vitamin B5: 0.44mg (4.43%), Magnesium: 15.8mg (3.95%), Zinc: 0.58mg (3.9%), Vitamin K: 2.85µg (2.71%), Potassium: 90.19mg (2.58%), Vitamin B12: 0.14µg (2.3%), Vitamin B6: 0.04mg (2.16%)