



Best Ever Chocolate Cutout Cookies

 Vegetarian

READY IN



150 min.

SERVINGS



36

CALORIES



86 kcal

DESSERT

Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.8 cup butter softened
- 1 eggs
- 1.5 cups flour all-purpose
- 0.1 teaspoon salt
- 0.8 cup cocoa powder unsweetened
- 1.3 cups sugar white

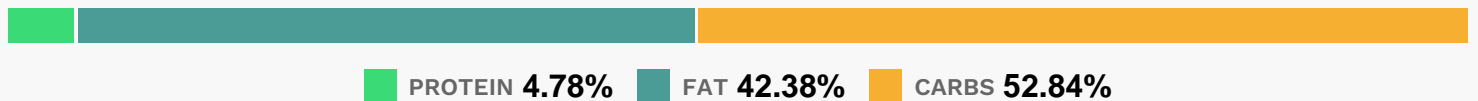
Equipment

- bowl
- baking sheet
- oven
- wire rack
- plastic wrap
- cookie cutter

Directions

- Sift together the flour, cocoa, baking powder and salt; set aside. In a medium bowl, cream together the butter and sugar until smooth. Beat in the egg. Gradually stir in the sifted ingredients to form a soft dough. Divide dough into 2 pieces, flatten and wrap in plastic wrap. Refrigerate for 2 hours.
- Preheat the oven to 375 degrees F (190 degrees C). On a lightly floured surface, roll the dough out to 1/8 inch in thickness.
- Cut into desired shapes with cookie cutters. Dough is sticky so be sure to add more flour to the rolling surface as needed.
- Place cookies 1 1/2 inches apart onto cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:7.76, Inflammation Score:-2, Nutrition Score:1.8308695528818%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 85.51kcal (4.28%), Fat: 4.27g (6.57%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 11.17g (4.06%), Sugar: 6.98g (7.76%), Cholesterol: 14.71mg (4.9%), Sodium: 55.49mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.08g (2.17%), Manganese: 0.1mg (5.25%), Copper: 0.08mg (3.84%), Selenium: 2.49µg (3.55%), Fiber: 0.8g (3.22%), Iron: 0.53mg (2.95%), Vitamin B1: 0.04mg (2.87%), Folate: 10.82µg (2.71%), Magnesium: 10.37mg (2.59%), Phosphorus: 25.37mg (2.54%), Vitamin A: 124.78IU (2.5%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.35mg (1.75%), Calcium: 13.13mg (1.31%), Zinc: 0.18mg (1.19%), Potassium: 35.8mg (1.02%)