



## Best Ever Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup butter
- 2 cups flour all-purpose
- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.5 cup cream sour
- 0.8 cup granulated sugar white

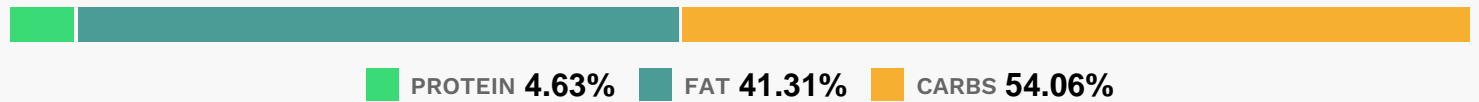
### Equipment

- baking sheet
- oven
- cookie cutter

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Combine flour, salt, baking soda and nutmeg.
- Cream together the butter and sugar. Blend in the sour cream; add dry ingredients.
- Chill dough for 1 hour.
- Roll to 1/2 inch thickness on a sugar and floured surface.
- Cut with cookie cutter; bake on ungreased cookie sheet for 8–10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.05, Glycemic Load:10.12, Inflammation Score:-1, Nutrition Score:1.7752173926843%

## Nutrients (% of daily need)

Calories: 105.48kcal (5.27%), Fat: 4.89g (7.53%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 14.12g (5.14%), Sugar: 6.44g (7.15%), Cholesterol: 12.99mg (4.33%), Sodium: 79.19mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin B1: 0.08mg (5.54%), Selenium: 3.79µg (5.42%), Folate: 19.51µg (4.88%), Vitamin B2: 0.06mg (3.67%), Manganese: 0.07mg (3.62%), Vitamin B3: 0.62mg (3.11%), Vitamin A: 148.06IU (2.96%), Iron: 0.49mg (2.73%), Phosphorus: 16.07mg (1.61%), Fiber: 0.29g (1.14%)