



Betty's Best Sugar Cookies

READY IN



155 min.

SERVINGS



72

CALORIES



55 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 3 ounces cream cheese softened
- ☐ 1 eggs
- ☐ 3 cups flour all-purpose gold medal®
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla

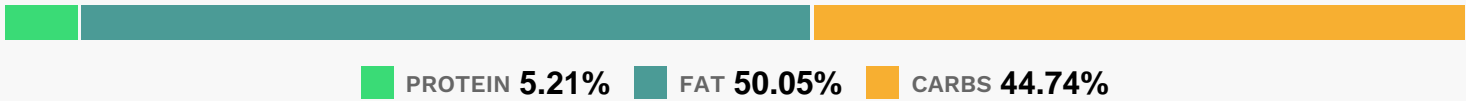
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Beat butter, cream cheese, sugar, vanilla and egg in large bowl with electric mixer on medium speed until light and fluffy. Stir in flour and salt until blended.
- ☐ Cover and refrigerate dough at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 375°.
- ☐ Roll one-fourth of dough at a time 1/8 inch thick on lightly floured cloth-covered board. (Keep remaining dough refrigerated until ready to roll.)
- ☐ Cut dough with assorted cookie cutters.
- ☐ Place about 1 inch apart on ungreased cookie sheet.
- ☐ Bake 7 to 10 minutes or until light brown. Immediately remove from cookie sheet to wire rack. Cool completely. Decorate as desired.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:0.97565216935523%

Nutrients (% of daily need)

Calories: 54.82kcal (2.74%), Fat: 3.06g (4.71%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 6.01g (2.19%), Sugar: 2.15g (2.39%), Cholesterol: 3.47mg (1.16%), Sodium: 38.47mg (1.67%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Protein: 0.72g (1.43%), Selenium: 2.07µg (2.95%), Vitamin B1: 0.04mg (2.78%), Vitamin A: 131.94IU (2.64%), Folate: 9.96µg (2.49%), Vitamin B2: 0.03mg (1.93%), Manganese: 0.04mg (1.8%), Vitamin B3: 0.31mg (1.55%), Iron: 0.25mg (1.42%)