



Brown Sugar Cookie Dough

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups firmly brown sugar dark packed
- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

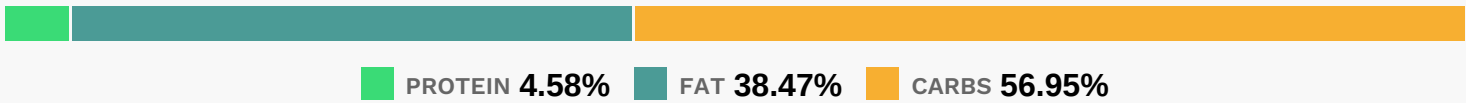
Equipment

☐ hand mixer

Directions

- ☐ Beat butter at medium speed of an electric mixer until creamy. Gradually add brown sugar, beating well.
- ☐ Add egg and vanilla, beating well.
- ☐ Combine flour, soda, and salt; add to butter mixture, beating just until blended.
- ☐ Use dough as directed above, or use to make cookies.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:7.67, Inflammation Score:-2, Nutrition Score:2.4952174140059%

Nutrients (% of daily need)

Calories: 149.38kcal (7.47%), Fat: 6.43g (9.89%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 21.05g (7.65%), Sugar: 10.74g (11.93%), Cholesterol: 22.47mg (7.49%), Sodium: 129.63mg (5.64%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Protein: 1.72g (3.44%), Selenium: 5.43µg (7.75%), Vitamin B1: 0.11mg (7.34%), Folate: 26.54µg (6.63%), Manganese: 0.1mg (5.13%), Vitamin B2: 0.08mg (4.64%), Vitamin B3: 0.84mg (4.19%), Iron: 0.75mg (4.19%), Vitamin A: 198.09IU (3.96%), Phosphorus: 20.56mg (2.06%), Fiber: 0.38g (1.5%), Calcium: 14mg (1.4%), Vitamin E: 0.2mg (1.34%), Copper: 0.03mg (1.32%), Magnesium: 4.41mg (1.1%), Vitamin B5: 0.11mg (1.09%)