

Brown Sugar Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



47 kcal

DESSERT

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 2 cups flour all-purpose
- 1 tablespoon cup heavy whipping cream
- 1 pinch salt
- 1.5 teaspoons vanilla extract

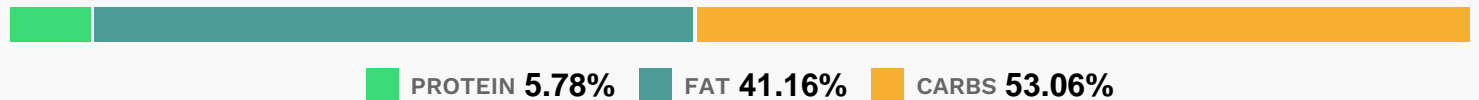
Equipment

- baking sheet
- oven
- mixing bowl
- cookie cutter

Directions

- In a large mixing bowl, cream the butter and brown sugar. Beat in egg, heavy cream, and vanilla.
- Slowly add in flour, baking powder and salt.
- Mix until well blended. If dough seems too dry, add in water, 1/2 teaspoon at a time.
- Cover and refrigerate for 4 hours.
- Preheat oven to 375 degrees F.
- Roll out dough on a floured surface to a thickness of 1/8 of an inch.
- Cut with cookie cutters and place 1 1/2 inches apart on cookie sheets.
- Bake 8 to 10 minutes, until lightly colored.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:0.98130434686723%

Nutrients (% of daily need)

Calories: 47.42kcal (2.37%), Fat: 2.17g (3.34%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 6.15g (2.24%), Sugar: 2.27g (2.52%), Cholesterol: 8.85mg (2.95%), Sodium: 31.4mg (1.37%), Alcohol: 0.04g (100%), Alcohol %: 0.48% (100%), Protein: 0.69g (1.37%), Selenium: 2.11µg (3.01%), Vitamin B1: 0.04mg (2.76%), Folate: 10.07µg (2.52%), Manganese: 0.04mg (1.88%), Vitamin B2: 0.03mg (1.85%), Iron: 0.29mg (1.6%), Vitamin B3: 0.31mg (1.56%), Vitamin A: 68.63IU (1.37%), Calcium: 11.33mg (1.13%), Phosphorus: 11.03mg (1.1%)