

Butter Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



39

CALORIES



115 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 4 cups powdered sugar
- 1 eggs
- 2.5 cups flour all-purpose
- 3 tablespoons milk 2%
- 39 servings food coloring red
- 0.3 teaspoon salt

- 0.8 cup sugar
- 1 teaspoon vanilla extract

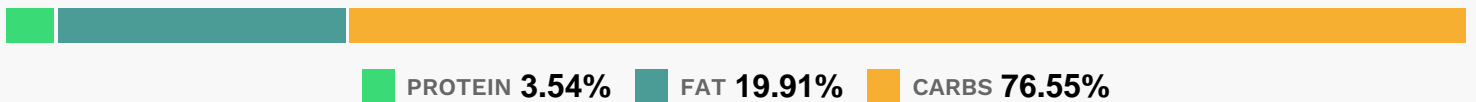
Equipment

- bowl
- baking sheet
- oven

Directions

- In a large bowl, cream butter and sugar until light and fluffh. Beat in egg and vanilla.
- Combine the flour, baking powder and salt; add to creamed mixture and mix well.
- Place the dough in a cookie press fitted with a heart plate; form cookies on ungreased baking sheets.
- Bake at 375° for 6–8 minutes or until set but not brown. Cool on wire racks.
- Beat butter, sugar and vanilla until smooth. Blend in enough milk until desired spreading consistency is reached.
- Add food coloring to a portion or all of the frosting if desired. Frost cookies.

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:7.14, Inflammation Score:-1, Nutrition Score:1.4104347889838%

Nutrients (% of daily need)

Calories: 115.26kcal (5.76%), Fat: 2.58g (3.97%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 22.12g (8.04%), Sugar: 15.97g (17.75%), Cholesterol: 10.55mg (3.52%), Sodium: 47.09mg (2.05%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.03g (2.07%), Selenium: 3.22µg (4.6%), Vitamin B1: 0.06mg (4.26%), Folate: 15.34µg (3.83%), Vitamin B2: 0.05mg (3%), Manganese: 0.06mg (2.8%), Vitamin B3: 0.48mg (2.38%), Iron: 0.41mg (2.3%), Vitamin A: 80IU (1.6%), Phosphorus: 14.9mg (1.49%), Calcium: 10.13mg (1.01%)