



Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 1 eggs
- ☐ 3 cups flour sifted
- ☐ 2 Tbsp milk
- ☐ 0.5 tsp salt
- ☐ 0.8 cup sugar
- ☐ 1 cup butter
- ☐ 1.5 tsp vanilla

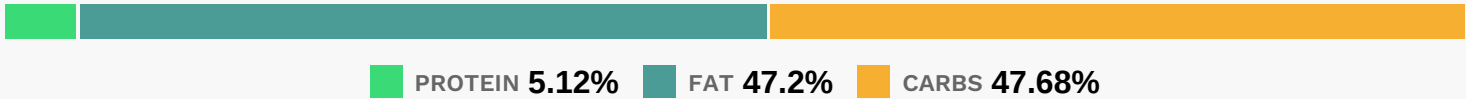
Equipment

☐ oven

Directions

- ☐ cream butter and sugaradd egg, milk and vanilla.add baking powder, saltadd flour one cup at a time, stopping to combine each cupform into 2 balls, chill at least 1 hour (If I leave it overnight, I take it out of the fridge a good hour or so before rollingbreak into 3 pieces and roll out and cut
- ☐ Bake at 400 for 5–8 mins (the large cookies I do for 9 mins)

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:20.9, Inflammation Score:-4, Nutrition Score:4.4808695083079%

Nutrients (% of daily need)

Calories: 244.77kcal (12.24%), Fat: 12.89g (19.84%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 28.62g (10.41%), Sugar: 10.22g (11.35%), Cholesterol: 43.69mg (14.56%), Sodium: 212.89mg (9.26%), Alcohol: 0.14g (100%), Alcohol %: 0.33% (100%), Protein: 3.15g (6.29%), Selenium: 9.63µg (13.75%), Vitamin B1: 0.2mg (13.29%), Folate: 47.58µg (11.9%), Vitamin B2: 0.15mg (8.65%), Manganese: 0.17mg (8.65%), Vitamin A: 397.26IU (7.95%), Vitamin B3: 1.49mg (7.44%), Iron: 1.25mg (6.97%), Phosphorus: 45.2mg (4.52%), Calcium: 29.7mg (2.97%), Fiber: 0.68g (2.7%), Vitamin E: 0.4mg (2.65%), Copper: 0.04mg (1.96%), Vitamin B5: 0.18mg (1.79%), Magnesium: 6.53mg (1.63%), Zinc: 0.24mg (1.58%), Potassium: 38.33mg (1.1%), Vitamin K: 1.15µg (1.09%), Vitamin B12: 0.06µg (1.04%)