



Butter Cookies



Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



308 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 2 tsp double-acting baking powder
- ☐ 2 eggs
- ☐ 6 cups flour
- ☐ 3 Tbsp konnyaku powder
- ☐ 4 Tbsp milk
- ☐ 4 cups powdered sugar sifted
- ☐ 1 tsp salt

- ☐ 2 cup butter salted (NOT margarine – I use butter)
- ☐ 1.5 cup sugar
- ☐ 3 tsp vanilla
- ☐ 6 Tbsp water

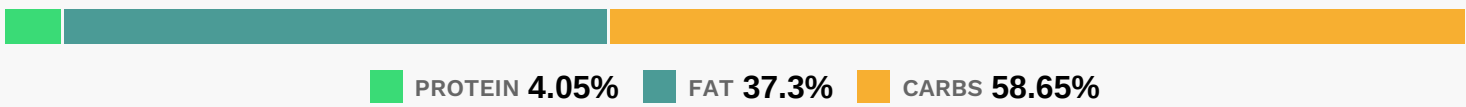
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ cream butter and sugar add egg, milk and vanilla. add baking powder, salt add flour one cup at a time, stopping to combine each cup form into 2 balls, chill at least 1 hour (If I leave it over night, I take it out of the fridge a good hour or so before rolling break into 3 pieces and roll out and cut
- ☐ Bake at 400 for 5–8 mins (the large cookies I do for 9 mins)Beat all ingredients until icing forms peaks (7–10 mins at low speed with a heavy-duty mixer, 10–12 mins at high speed with a hand-held mixer)

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:21.2, Inflammation Score:–3, Nutrition Score:4.9630434953648%

Nutrients (% of daily need)

Calories: 307.85kcal (15.39%), Fat: 12.89g (19.84%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 44.93g (16.34%), Sugar: 25.87g (28.75%), Cholesterol: 43.69mg (14.56%), Sodium: 340.57mg (14.81%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Protein: 3.15g (6.29%), Selenium: 9.72µg (13.89%), Vitamin B1: 0.2mg (13.29%), Folate: 47.58µg (11.9%), Calcium: 100.47mg (10.05%), Vitamin B2: 0.15mg (8.84%), Manganese: 0.17mg (8.7%), Vitamin A: 397.26IU (7.95%), Iron: 1.4mg (7.76%), Vitamin B3: 1.49mg (7.44%), Phosphorus: 71.5mg (7.15%), Fiber: 0.68g (2.71%), Vitamin E: 0.4mg (2.65%), Copper: 0.04mg (2.05%), Vitamin B5: 0.18mg (1.79%), Magnesium: 6.89mg (1.72%), Zinc: 0.24mg (1.59%), Potassium: 38.99mg (1.11%), Vitamin K: 1.15µg (1.09%), Vitamin B12: 0.06µg (1.04%)