

Butter Cookies II



Vegetarian



Popular

READY IN



100 min.

SERVINGS



36

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 1 eggs
- ☐ 2.7 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

Equipment

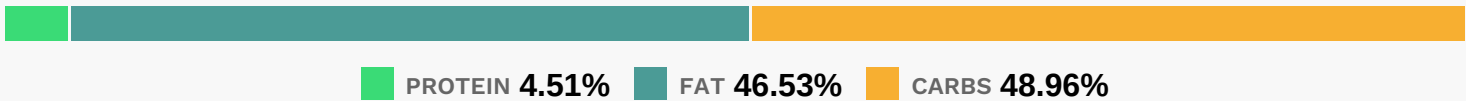
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a large bowl, cream together the butter and white sugar until light and fluffy. Beat in the egg, then stir in the vanilla.
- ☐ Combine the flour and salt; stir into the sugar mixture. Cover dough, and chill for at least one hour. Chill cookie sheets.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Press dough out onto ungreased, chilled cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven, or until lightly golden at the edges.
- ☐ Remove from cookie sheets to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:8.99, Inflammation Score:-1, Nutrition Score:1.6343478158764%

Nutrients (% of daily need)

Calories: 102.69kcal (5.13%), Fat: 5.34g (8.21%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 12.39g (4.51%), Sugar: 5.61g (6.23%), Cholesterol: 18.1mg (6.03%), Sodium: 58.69mg (2.55%), Alcohol: 0.08g (100%), Alcohol %: 0.43% (100%), Protein: 1.16g (2.33%), Selenium: 3.61µg (5.16%), Vitamin B1: 0.07mg (4.9%), Folate: 17.71µg (4.43%), Vitamin A: 164.18IU (3.28%), Vitamin B2: 0.05mg (3.22%), Manganese: 0.06mg (3.21%), Vitamin B3: 0.55mg (2.76%), Iron: 0.46mg (2.53%), Phosphorus: 13.95mg (1.39%), Vitamin E: 0.16mg (1.1%)