



## Buttery Sugar Cookies

 Vegetarian

READY IN



300 min.

SERVINGS



48

CALORIES



87 kcal

DESSERT

### Ingredients

- 1 large eggs
- 2 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup sugar
- 1 cup sugar (see Cooks' Note)
- 1 cup butter unsalted softened
- 1 teaspoon vanilla extract pure

### Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- stand mixer
- ziploc bags
- wax paper
- spatula

## Directions

- Beat together butter, sugar, and salt in a large bowl with an electric mixer at medium-high speed until pale and fluffy, about 3 minutes in a stand mixer (preferably fitted with paddle attachment) or 6 with a handheld. Beat in egg and vanilla. Reduce speed to low, then mix in flour.
- Halve dough and form each half into a disk, then wrap in wax paper. Put each disk in a resealable plastic bag and chill until firm enough to roll into balls, about 1 hour.
- Heat oven to 350°F with rack in middle. Line baking sheets with parchment paper.
- While oven heats, work with 1 piece of dough (keep remaining dough chilled).
- Roll 1 level tablespoon of dough into a ball, then roll in coarse sugar in a shallow bowl to coat completely. (If dough becomes too soft to roll easily into balls, quick-chill in the freezer or chill in the refrigerator.)
- Place balls 2 inches apart on a lined baking sheet. With the flat bottom of a glass, flatten balls into 2-inch rounds.
- Bake cookies, one sheet at time, until bottoms are golden, 12 to 15 minutes total. Cool on sheets 2 minutes, then transfer with a metal spatula to racks to cool completely. Make more cookies with remaining dough on cooled baking sheets.
- Coarse sanding sugars come in many different colors and are available at specialty foods stores and New York Cake & Baking Distributor. Use one color or mix up several colors. The most important thing is to have fun.

## Nutrition Facts



■ PROTEIN 3.22% ■ FAT 40.98% ■ CARBS 55.8%

## Properties

Glycemic Index:4.48, Glycemic Load:8.69, Inflammation Score:-1, Nutrition Score:1.0256521675898%

## Nutrients (% of daily need)

Calories: 86.68kcal (4.33%), Fat: 4.01g (6.17%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 12.15g (4.42%), Sugar: 8.35g (9.28%), Cholesterol: 14.04mg (4.68%), Sodium: 26.42mg (1.15%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.71g (1.42%), Selenium: 2.18µg (3.12%), Vitamin B1: 0.04mg (2.77%), Folate: 10.16µg (2.54%), Vitamin A: 123.81IU (2.48%), Vitamin B2: 0.03mg (1.99%), Manganese: 0.04mg (1.83%), Vitamin B3: 0.31mg (1.55%), Iron: 0.27mg (1.47%)