



## Caramelized-Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



55

CALORIES



47 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.4 lb butter at room temperature
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla

### Equipment

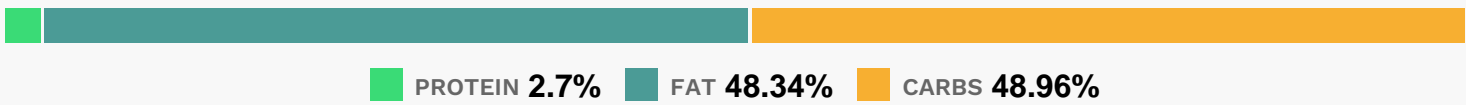
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Butter a 12- by 14-inch piece of foil and set on a baking sheet. In an 8- to 10-inch frying pan over medium-high heat, melt 1/2 cup sugar, frequently shaking and tilting pan. When mixture is a light caramel color (in about 6 minutes), pour onto foil.
- ☐ Let stand until caramel is hard, about 5 minutes. Break into chunks, then, in a food processor or a heavy plastic food bag with a mallet, crush into 1/8- to 1/4-inch pieces.
- ☐ In a bowl, with an electric mixer on medium speed, beat butter and remaining 1/2 cup sugar until well blended. Beat in 2 tablespoons water and the vanilla until smooth, scraping down sides of bowl as needed.
- ☐ In another bowl, mix flour and baking powder. Stir or beat into butter mixture until well incorporated. Stir in crushed caramel.
- ☐ Drop dough in 1 1/2-teaspoon portions, 2 inches apart, onto buttered or cooking parchment-lined 12- by 15-inch baking sheets.
- ☐ Bake cookies in a 325 oven until edges are light brown, 12 to 15 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- ☐ Let stand on sheets until slightly firm, 1 to 2 minutes, then use a spatula to transfer cookies to racks to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:5.22, Glycemic Load:4.12, Inflammation Score:-1, Nutrition Score:0.52739130964746%

## Nutrients (% of daily need)

Calories: 46.64kcal (2.33%), Fat: 2.55g (3.92%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 5.73g (2.08%), Sugar: 3.64g (4.05%), Cholesterol: 6.65mg (2.22%), Sodium: 23.84mg (1.04%), Alcohol: 0.01g (100%), Alcohol %: 0.16% (100%), Protein: 0.32g (0.64%), Vitamin A: 77.29IU (1.55%), Vitamin B1: 0.02mg (1.5%), Selenium: 1.02µg (1.45%), Folate: 5.29µg (1.32%)