



Cardamom-Orange Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



4441 kcal

DESSERT

Ingredients

- ☐ 2.5 cups flour
- ☐ 1 large eggs room temperature
- ☐ 1.3 teaspoons ground cardamom
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 1 serving sugar raw
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 1.5 cups butter unsalted room temperature (3 sticks)

- ☐ 0.5 teaspoon vanilla extract

Equipment

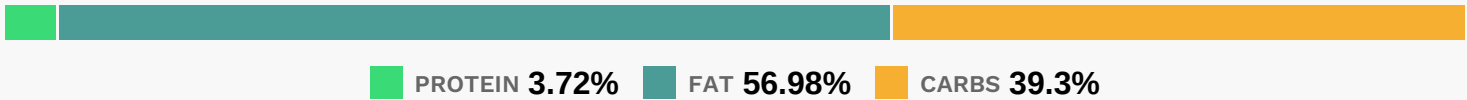
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Whisk flour, cardamom, and 1/2 teaspoon salt in medium bowl to blend. Using electric mixer, beat butter in large bowl until creamy, about 2 minutes. Gradually add 1 cup plus 2 tablespoons sugar; beat until light and fluffy, about 3 minutes. Beat in finely grated orange peel and vanilla.
- ☐ Add egg; beat to blend.
- ☐ Add 1/3 of flour mixture; beat on low speed just to blend.
- ☐ Add remaining flour in 2 additions, beating on low speed just until blended. Refrigerate until firm enough to shape, about 1 hour.
- ☐ Divide dough in half. Form each half into ball. Flatten into disks and wrap in plastic. Chill until firm enough to roll out, about 45 minutes. DO AHEAD: Dough can be prepared 1 day ahead. Keep refrigerated.
- ☐ Let chilled dough stand at room temperature until soft enough to roll out, about 15 minutes.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 350°F. Line 2 large baking sheets with parchment paper.
- ☐ Roll out 1 dough disk on lightly floured surface to generous 1/8-inch thickness.
- ☐ Cut out cookies using festive cookie cutters. Carefully transfer cookies to prepared baking sheets, spacing 1 inch apart.
- ☐ Sprinkle with raw sugar. Gather dough scraps into ball. Flatten, cover, and freeze dough until firm enough to roll out again, about 10 minutes.
- ☐ Bake cookies until light golden brown, about 16 minutes, rotating sheets halfway through baking for even cooking. Carefully slide parchment paper with cookies onto racks to cool completely.

- ☐ Let baking sheets cool completely, then repeat process with remaining dough, lining sheets with fresh parchment between batches. DO AHEAD: Cookies can be made 3 days ahead. Store cookies in airtight containers at room temperature.
- ☐ * Also called turbinado or demerara sugar; available at most supermarkets and at natural foods stores.
- ☐ For cookies with a more classic holiday look, make a quick glaze by mixing powdered sugar with a bit of milk.
- ☐ Spread the glaze on the cookies, then sprinkle with colored sugar or top with small candies. To add even more color, tint the glaze with food coloring.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:150.09, Glycemic Load:312.2, Inflammation Score:-10, Nutrition Score:50.414347855941%

Nutrients (% of daily need)

Calories: 4440.82kcal (222.04%), Fat: 284.81g (438.17%), Saturated Fat: 176.98g (1106.1%), Carbohydrates: 441.95g (147.32%), Net Carbohydrates: 432.49g (157.27%), Sugar: 202.08g (224.53%), Cholesterol: 918.08mg (306.02%), Sodium: 1280.19mg (55.66%), Alcohol: 0.69g (100%), Alcohol %: 0.1% (100%), Protein: 41.79g (83.58%), Selenium: 125.93µg (179.89%), Vitamin A: 8791.69IU (175.83%), Vitamin B1: 2.5mg (166.59%), Folate: 606.49µg (151.62%), Manganese: 2.87mg (143.75%), Vitamin B2: 1.94mg (113.83%), Vitamin B3: 18.69mg (93.47%), Iron: 15.93mg (88.51%), Vitamin E: 8.62mg (57.46%), Phosphorus: 523.43mg (52.34%), Vitamin D: 6.11µg (40.72%), Fiber: 9.46g (37.82%), Copper: 0.57mg (28.46%), Vitamin B5: 2.53mg (25.25%), Vitamin K: 24.92µg (23.74%), Zinc: 3.36mg (22.39%), Magnesium: 88.24mg (22.06%), Calcium: 174.06mg (17.41%), Vitamin B12: 1.02µg (17.06%), Potassium: 526.92mg (15.05%), Vitamin B6: 0.24mg (12.21%), Vitamin C: 4.61mg (5.58%)