



Chocolate Sugar Cookies

 Vegetarian

READY IN



140 min.

SERVINGS



60

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 2 cups confectioners' sugar
- ☐ 1 large eggs
- ☐ 1.8 cups flour for dusting all-purpose plus more
- ☐ 1.8 cups granulated sugar
- ☐ 2 tablespoons meringue powder
- ☐ 0.5 teaspoon salt

- ☐ 2 sticks butter unsalted at room temperature
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

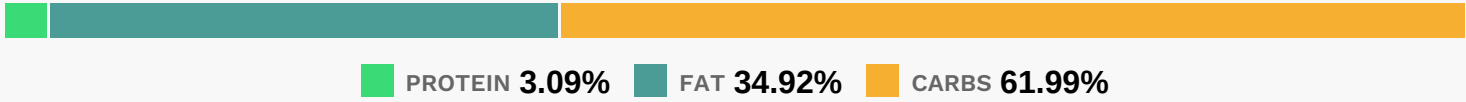
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Whisk the flour, cocoa powder, baking soda, baking powder and salt in a medium bowl. Beat the butter and granulated sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 5 minutes.
- ☐ Add the egg and vanilla; beat until creamy, about 2 more minutes. Reduce the mixer speed to low; gradually add the flour mixture and beat until just incorporated, about 2 more minutes.
- ☐ Divide the dough between 2 sheets of plastic wrap; form into disks. Wrap and refrigerate until firm, at least 1 hour.
- ☐ Roll out the dough between floured sheets of parchment paper until about 1/4 inch thick. Chill 2 more hours.
- ☐ Position racks in the upper and lower thirds of the oven; preheat to 350 degrees F. Mist 2 baking sheets with cooking spray.
- ☐ Cut the dough into shapes; gather the scraps and reroll once to cut out more cookies. Arrange 2 inches apart on the prepared baking sheets.
- ☐ Bake, switching the pans halfway through, until set, about 12 minutes.
- ☐ Let cool 5 minutes on the baking sheets, then transfer to racks to cool completely.
- ☐ Make the icing: Beat the confectioners' sugar, meringue powder and 3 to 4 tablespoons water in a bowl with a mixer on high speed until smooth and thick.

- ☐
- Transfer to a resealable bag and snip a small corner. Pipe onto the cookies; sprinkle with coarse sugar.
- ☐
- Let set 30 minutes.
- ☐
- Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:6.19, Inflammation Score:-1, Nutrition Score:1.2160869681317%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 81.53kcal (4.08%), Fat: 3.29g (5.06%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.77g (4.64%), Sugar: 9.77g (10.86%), Cholesterol: 11.2mg (3.73%), Sodium: 79.19mg (3.44%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 0.65g (1.31%), Calcium: 27.44mg (2.74%), Manganese: 0.05mg (2.67%), Selenium: 1.69µg (2.42%), Phosphorus: 20.89mg (2.09%), Vitamin B1: 0.03mg (1.98%), Vitamin A: 98.63IU (1.97%), Iron: 0.34mg (1.86%), Folate: 7.41µg (1.85%), Copper: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.57%), Fiber: 0.36g (1.46%), Magnesium: 4.67mg (1.17%), Vitamin B3: 0.23mg (1.17%)