

Christmas Cookie Cut Outs



Vegetarian

READY IN

ready

640 min.

SERVINGS

servings

24

CALORIES

calories

213 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 4 cups confectioners' sugar
- ☐ 2 teaspoons cream of tartar
- ☐ 3 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 pinch ground cinnamon
- ☐ 1 teaspoon ground nutmeg

- ☐ 0.3 cup milk
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup sugar white

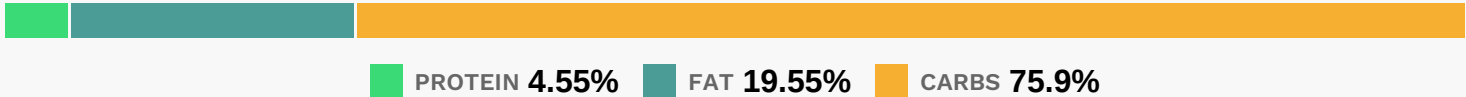
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Sift together flour, cream of tarter, baking soda, nutmeg, and cinnamon in a bowl; set aside. Beat the butter and sugar with an electric mixer in a large bowl until smooth.
- ☐ Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla with the last egg.
- ☐ Mix in the flour mixture until just incorporated. Cover and refrigerate dough overnight.
- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Roll out dough on floured surface to 1/2 inch thick.
- ☐ Cut into shapes with Christmas cookie cutters.
- ☐ Place cookies 1 inch apart on ungreased cookie sheets.
- ☐ Bake in the preheated oven until the edges are golden, 8 to 10 minutes. If using cutters that have small appendages, such as reindeer legs, reduce the baking time or they will overcook.
- ☐ Remove cookies to a wire rack to cool completely.
- ☐ Beat the butter and confectioners' sugar with an electric mixer in a large bowl, mixture will be stiff.
- ☐ Add the vanilla and slowly mix in the milk a little at a time until a spreading consistency is reached. Stir in food coloring, if desired. Make sure cookies are completely cool before frosting.

Nutrition Facts



Properties

Glycemic Index:12.84, Glycemic Load:14.51, Inflammation Score:-2, Nutrition Score:3.0378260716148%

Nutrients (% of daily need)

Calories: 212.72kcal (10.64%), Fat: 4.65g (7.15%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 40.17g (14.61%), Sugar: 28.16g (31.29%), Cholesterol: 30.93mg (10.31%), Sodium: 85.77mg (3.73%), Alcohol: 0.19g (100%), Alcohol %: 0.41% (100%), Protein: 2.44g (4.87%), Selenium: 7.25µg (10.36%), Vitamin B1: 0.13mg (8.46%), Folate: 31.38µg (7.85%), Vitamin B2: 0.11mg (6.67%), Manganese: 0.12mg (5.75%), Iron: 0.85mg (4.73%), Vitamin B3: 0.93mg (4.67%), Phosphorus: 31.69mg (3.17%), Vitamin A: 152.11IU (3.04%), Potassium: 72.2mg (2.06%), Fiber: 0.44g (1.78%), Vitamin B5: 0.17mg (1.68%), Copper: 0.03mg (1.51%), Zinc: 0.2mg (1.34%), Vitamin E: 0.18mg (1.19%), Magnesium: 4.72mg (1.18%), Vitamin B12: 0.07µg (1.18%), Calcium: 10.28mg (1.03%)