



Christmas Cookies 4 Ways

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon allspice
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons cinnamon
- ☐ 2 large eggs
- ☐ 3.7 cups flour all-purpose
- ☐ 3 teaspoons ground ginger
- ☐ 1.5 cups royal icing
- ☐ 3 teaspoons lemon zest finely grated

- ☐ 0.3 teaspoon salt
- ☐ 1.7 cups sugar
- ☐ 48 servings sanding sugar white
- ☐ 0.5 lb butter unsalted
- ☐ 1 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

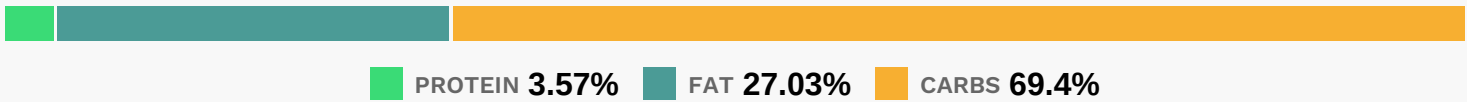
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ hand mixer
- ☐ ziploc bags
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ For Sugar Cookies: Cream butter and 1 2/3 cups sugar in bowl of an electric mixer and beat until fluffy, about 5 minutes.
- ☐ Add vanilla, baking powder and salt and beat at medium speed until mixed.
- ☐ Add eggs; beat until blended.
- ☐ Add flour and mix at low speed until combined, scraping down bowl once or twice. For Spice Cookies: Beat 2 Tbsp. sugar, ginger, cinnamon and allspice into full batch of Sugar Cookie dough. For Lemon Cookies: Beat lemon zest into full batch of Sugar Cookie dough. For Chocolate Cookies: Follow Step 1, but add cocoa powder after beating in eggs and then add only 2 2/3 cups flour.
- ☐ Divide dough in half. Using hands, shape dough into discs, wrap tightly in plastic wrap and chill until firm, at least 1 hour and up to 2 days.

- ☐ Arrange racks in upper and lower thirds of oven and preheat oven to 350F. Line 2 large cookie sheets with parchment.
- ☐ Remove 1 disc of dough from refrigerator.
- ☐ Roll out on a lightly floured surface to 1/4-inch to 1/8-inch thickness.
- ☐ Cut cookies into stars, snowflakes or any other shapes.
- ☐ Transfer cookies, with a metal spatula, to baking sheets and chill for 10 minutes.
- ☐ Bake cookies 12 to 15 minutes, depending upon thickness and size, rotating pans halfway through, until golden and firm to touch. Cool for 5 minutes, transfer with a metal spatula to racks and let cool. Repeat with remaining dough.
- ☐ To decorate cookies with solid icing, put some Royal Icing in a pastry bag with a small plain, round tip. (Or put icing in a sturdy plastic bag and snip a tiny hole in one corner.) Pipe around edge of each cookie and let dry. Stir 1 Tbsp. water into another portion of Royal Icing to soften; put thinned icing in a clean pastry bag or new plastic bag. Pipe icing onto each cookie, flooding inside of border.
- ☐ Let dry. Re-pipe border.
- ☐ Sprinkle cookie with sanding sugar, shake off excess and let dry.
- ☐ To decorate cookies with stripes and dots, use thicker icing and pipe designs as shown in photos. (Cookies may be stored, tightly covered, in a tin for up to 2 weeks.)

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:20.6, Inflammation Score:-2, Nutrition Score:2.8865217261988%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 179.44kcal (8.97%), Fat: 5.58g (8.59%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 31.26g (11.37%), Sugar: 23.46g (26.07%), Cholesterol: 17.91mg (5.97%), Sodium: 47.09mg (2.05%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.66g (3.32%), Manganese:

0.19mg (9.46%), Selenium: 4.37µg (6.25%), Vitamin B1: 0.08mg (5.22%), Vitamin B2: 0.09mg (5.18%), Folate: 19.78µg (4.95%), Iron: 0.8mg (4.46%), Copper: 0.09mg (4.32%), Fiber: 0.99g (3.97%), Phosphorus: 33.96mg (3.4%), Vitamin B3: 0.64mg (3.18%), Magnesium: 11.89mg (2.97%), Vitamin A: 129.78IU (2.6%), Calcium: 17.39mg (1.74%), Vitamin E: 0.25mg (1.66%), Zinc: 0.23mg (1.56%), Potassium: 46.97mg (1.34%), Vitamin K: 1.35µg (1.28%)