

Christmas Sugar Wafers with Vanilla Icing

Vegetarian







DESSERT

Ingredients

2 large egg whites

1.5 cups flour all-purpose

0.5 teaspoon double-acting baking powder
0.3 teaspoon baking soda
0.3 cup butter
1 teaspoon light-colored corn syrup
3 tablespoons cornstarch
2 tablespoons brown sugar dark

	1 cup powdered sugar	
	0.3 teaspoon salt	
	1 Dash salt	
	6 tablespoons sugar	
	0.3 teaspoon vanilla extract	
	1.5 teaspoons vanilla extract	
	2.5 teaspoons warm water	
Equipment		
	bowl	
	baking sheet	
	oven	
	knife	
	whisk	
	wire rack	
	blender	
	plastic wrap	
	cookie cutter	
	ziploc bags	
	measuring cup	
Directions		
	Preheat oven to 37	
	To prepare cookies, place first 3 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Beat in 1 1/2 teaspoons vanilla.	
	Add egg whites, 1 at a time, beating well after each addition.	
	Lightly spoon flour into dry measuring cups; level with a knife.	
	Combine flour and next 4 ingredients (through 1/4 teaspoon salt), stirring well with a whisk.	

	Add to butter mixture; beat well. Turn dough out onto a lightly floured surface (dough will be soft). Divide dough into 4 equal portions.	
	Roll each portion to an 8-inch circle between 2 sheets of plastic wrap. Freeze dough 20 minutes or until plastic wrap can be easily removed.	
	Working with 1 portion of dough at a time (keep remaining dough in freezer), remove top sheet of plastic wrap.	
	Cut dough with a 3-inch cookie cutter, dipping cutter in flour between each use; place cookies on baking sheets coated with cooking spray. Discard bottom sheet of plastic wrap; reserve remaining dough scraps. Repeat procedure with remaining frozen dough.	
	Gently gather reserved dough into a ball; repeat rolling, freezing, and cutting procedure.	
	Bake at 375 for 8 minutes or until cookies are lightly browned.	
	Remove from baking sheet; cool on a wire rack.	
	To prepare vanilla icing, combine 1 cup powdered sugar and remaining ingredients in a small bowl; stir with a fork until combined.	
	Drizzle icing over the cookies, or spoon into a small zip-top plastic bag; cut a tiny hole in 1 corner of bag, and pipe designs onto cookies.	
Nutrition Facts		
	PROTEIN 5.17% FAT 20.66% CARBS 74.17%	

Properties

Glycemic Index:12.75, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:1.3182608614797%

Nutrients (% of daily need)

Calories: 87.49kcal (4.37%), Fat: 2.01g (3.09%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 16.01g (5.82%), Sugar: 9.25g (10.28%), Cholesterol: 5.08mg (1.69%), Sodium: 66.81mg (2.9%), Alcohol: 0.1g (100%), Alcohol %: 0.52% (100%), Protein: 1.13g (2.26%), Selenium: 3.31µg (4.73%), Vitamin B1: 0.06mg (4.12%), Folate: 14.49µg (3.62%), Vitamin B2: 0.05mg (3.13%), Manganese: 0.06mg (2.79%), Vitamin B3: 0.47mg (2.34%), Iron: 0.39mg (2.17%), Vitamin A: 59.09IU (1.18%), Phosphorus: 11.43mg (1.14%)