

Classic Butter Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



49 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1 cup butter
- 1.5 cups powdered sugar
- 1 teaspoon cream of tartar
- 1 eggs
- 2.5 cups flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- baking sheet
- oven
- mixing bowl
- cookie cutter

Directions

- Cream the butter in a large mixing bowl, gradually add the sugar and beat until light and fluffy. Beat in the egg and vanilla.
- Combine the flour, baking soda, cream of tartar and salt.
- Add the flour mixture to the creamed mixture.
- For all the types of cookie shapes preheat oven to 400 degrees F (205 degrees C) before baking.
- Bake all cookies on an ungreased cookie sheet.
- Roll out the chilled dough and cut with cookie cutters.
- Sprinkle with colored sugar if desired.
- Bake for 6 to 8 minutes.
- OR: Form dough into logs 2 inches in diameter and slice 1/8 inch thick when chilled.
- Sprinkle with chopped nuts, if desired, and bake for 7 to 9 minutes.
- OR: Shape into balls and bake. Balls may be rolled in sugar mixed with cinnamon if desired.
- Bake for 10 to 12 minutes.
- OR: Put unchilled dough into a cookie press and press into desired shapes chill shaped cookies before baking.
- Bake chilled cookies for 8 to 10 minutes.
- Add 1 cup chopped walnuts and 1/2 cup flour to dough. Chill then shape into balls and bake for 8 to 10 minutes.
- Roll still warm cookies in confectioners' sugar. Once cool sprinkle chilled cookies with more confectioners' sugar.

Nutrition Facts



PROTEIN 4.46% FAT 48.31% CARBS 47.23%

Properties

Glycemic Index:1.74, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:0.78608695385249%

Nutrients (% of daily need)

Calories: 49.27kcal (2.46%), Fat: 2.66g (4.09%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.47g (2.74%), Cholesterol: 9.05mg (3.02%), Sodium: 44.58mg (1.94%), Alcohol: 0.02g (100%), Alcohol %: 0.22% (100%), Protein: 0.55g (1.1%), Selenium: 1.71µg (2.44%), Vitamin B1: 0.03mg (2.3%), Folate: 8.32µg (2.08%), Vitamin A: 82.09IU (1.64%), Vitamin B2: 0.03mg (1.52%), Manganese: 0.03mg (1.51%), Vitamin B3: 0.26mg (1.29%), Iron: 0.22mg (1.2%)