



Classic Iced Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 10 tablespoon butter softened
- ☐ 2 large egg whites
- ☐ 11.3 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 2 cups powdered sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract

Equipment

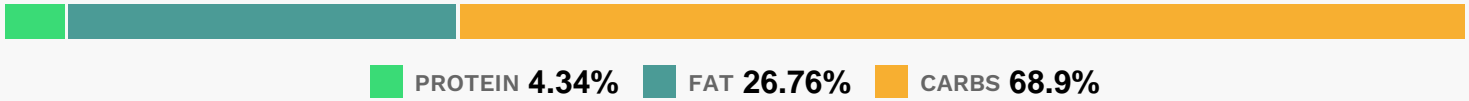
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ measuring cup

Directions

- ☐ To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring well with a whisk.
- ☐ Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until light and fluffy. Beat in 1 1/2 teaspoons vanilla and egg whites. Gradually add flour mixture to butter mixture, beating at low speed just until combined. Divide dough in half. Shape each dough half into a ball; wrap each dough half in plastic wrap. Chill 1 hour.
- ☐ Unwrap 1 dough ball. Press dough into a 4-inch circle on heavy-duty plastic wrap. Cover with additional plastic wrap.
- ☐ Roll dough, still covered, to a 1/4-inch thickness. Repeat procedure with remaining dough ball. Chill dough 30 minutes.
- ☐ Preheat oven to 37
- ☐ Remove one dough portion from refrigerator.
- ☐ Remove top sheet of plastic wrap; turn dough over.
- ☐ Remove remaining plastic wrap. Using a 2 1/2-inch cutter, cut dough into 18 cookies.

- ☐ Place cookies 2 inches apart on baking sheets lined with parchment paper.
- ☐ Bake at 375 for 10 minutes or until lightly browned. Cool on pans 5 minutes.
- ☐ Remove cookies from pans; cool completely on wire racks. Repeat procedure with remaining dough half.
- ☐ To prepare icing, combine powdered sugar and remaining ingredients, stirring with a whisk until smooth. Working with 1 cookie at a time, spread about 1 teaspoon icing evenly over cookie.
- ☐ Let stand on a wire rack until set.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:8.78, Inflammation Score:-1, Nutrition Score:1.5108695580907%

Nutrients (% of daily need)

Calories: 109.9kcal (5.49%), Fat: 3.29g (5.07%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.85g (6.85%), Sugar: 12.21g (13.57%), Cholesterol: 8.49mg (2.83%), Sodium: 51.24mg (2.23%), Alcohol: 0.08g (100%), Alcohol %: 0.34% (100%), Protein: 1.2g (2.4%), Selenium: 3.52µg (5.03%), Vitamin B1: 0.07mg (4.7%), Folate: 16.48µg (4.12%), Vitamin B2: 0.06mg (3.45%), Manganese: 0.06mg (3.09%), Vitamin B3: 0.53mg (2.65%), Iron: 0.43mg (2.37%), Vitamin A: 98.86IU (1.98%), Phosphorus: 13.51mg (1.35%)