



Coastal Cutout Cookies

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



384 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 cup butter softened
- ☐ 4 ounces cream cheese
- ☐ 1 egg yolk
- ☐ 2.5 cups flour all-purpose
- ☐ 15 servings decorating icing
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

- ☐ 0.5 teaspoon vanilla extract

Equipment

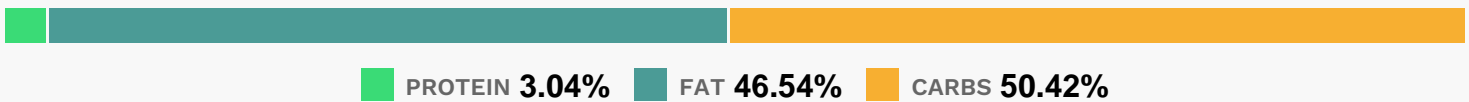
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter
- ☐ wax paper

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer 2 minutes or until light and fluffy.
- ☐ Add egg yolk, and beat until smooth. Stir in extracts.
- ☐ Combine flour and salt; gradually add to butter mixture, beating just until blended. Shape dough into 2 balls; wrap in wax paper, and chill 1 hour or up to 1 week.
- ☐ Roll dough out on a lightly floured surface to 1/4-inch thickness. (If dough is too firm to roll, let stand 5 to 10 minutes.)
- ☐ Cut into shapes using 4 1/2-inch cookie cutters.
- ☐ Place cookies on parchment paper-lined baking sheets; bake, in batches, at 350 for 10 to 12 minutes or until edges are lightly browned.
- ☐ Let cool on pans 1 minute.
- ☐ Transfer cookies to wire racks to cool completely.
- ☐ Dip tops of cookies in Decorating Icing, allowing excess to drip back into bowl.
- ☐ Cut dough into circles using a 3-inch round cookie cutter.
- ☐ Cut out centers of circles using a 1-inch round cookie cutter.
- ☐ Bake as directed; let cool completely.
- ☐ Spread about 1 teaspoon raspberry preserves, strawberry jam, or buttercream frosting between 2 cookies. Dip in Decorating Icing, allowing excess to drip back into bowl.

- ☐ Add pieces of red licorice to resemble stripes on a life preserver ring. Makes 32 sandwich cookies.
- ☐ Coconut Snowballs: Substitute 1/2 teaspoon coconut extract for vanilla and almond extracts. Stir in 1/2 cup finely chopped toasted macadamia nuts and 1 tablespoon lemon zest. Chill dough 30 minutes. Shape into 1-inch balls.
- ☐ Place 1 inch apart on a parchment paper-lined baking sheet, and bake, in batches, at 350 for 15 minutes or until lightly browned on bottoms.
- ☐ Transfer to wire racks; let cool 2 minutes.
- ☐ Place 1 1/2 cups powdered sugar in a bowl, and toss cookies to coat.
- ☐ Let cookies cool completely on wire racks. Toss in powdered sugar again, coating well. Makes 4 dozen.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:29.1, Inflammation Score:-4, Nutrition Score:4.6339130816252%

Nutrients (% of daily need)

Calories: 383.61kcal (19.18%), Fat: 19.97g (30.73%), Saturated Fat: 10.28g (64.28%), Carbohydrates: 48.68g (16.23%), Net Carbohydrates: 48.12g (17.5%), Sugar: 31.36g (34.84%), Cholesterol: 53.13mg (17.71%), Sodium: 212.47mg (9.24%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 2.94g (5.87%), Vitamin B2: 0.22mg (12.89%), Selenium: 8.64µg (12.35%), Vitamin B1: 0.17mg (11.4%), Folate: 43.25µg (10.81%), Vitamin A: 497.02IU (9.94%), Manganese: 0.14mg (7.23%), Vitamin B3: 1.31mg (6.53%), Vitamin E: 0.89mg (5.92%), Iron: 1.06mg (5.9%), Vitamin K: 4.93µg (4.69%), Phosphorus: 43.95mg (4.4%), Fiber: 0.56g (2.25%), Vitamin B5: 0.2mg (2.02%), Calcium: 16.66mg (1.67%), Copper: 0.03mg (1.67%), Zinc: 0.25mg (1.64%), Magnesium: 5.93mg (1.48%), Potassium: 47.3mg (1.35%), Vitamin B12: 0.07µg (1.1%)