



Cook the Book: Cardamom-Brown Sugar Snickerdoodles

 Vegetarian

READY IN



60 min.

SERVINGS



70

CALORIES



64 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 2 eggs
- 2.8 cups flour all-purpose
- 0.3 cup granulated sugar
- 1.5 teaspoons ground cardamom
- 1.5 cups brown sugar light packed

- 0.3 teaspoon salt
- 1 cup butter unsalted at room temperature
- 1 teaspoon vanilla extract

Equipment

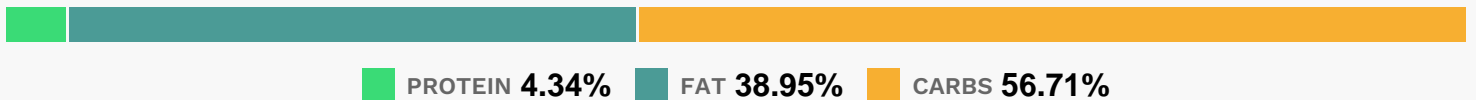
- bowl
- baking sheet
- baking paper
- oven
- wire rack
- blender
- stand mixer
- ziploc bags

Directions

- In a large bowl, sift together the flour, cream of tartar, baking soda, 1 teaspoon of the cardamom, and salt.
- Combine the butter and brown sugar in the bowl of a stand mixer fitted with the paddle attachment. Beat on medium speed for 1 minute. Turn the speed to high and beat until very light and fluffy, 2 or 3 minutes, stopping a couple of times to scrape down the sides of the bowl as needed. Decrease the speed to medium and beat in the eggs, one at a time, and the vanilla.
- Turn off the mixer.
- Add about one-third of the dry ingredients to the mixer bowl, and beat on low speed until fully incorporated. Repeat two more times, stopping to scrape down the sides of the bowl as needed, until the dry ingredients are incorporated.
- Transfer the dough to the refrigerator and chill for about an hour, until firm.
- In a medium bowl, stir together the granulated sugar and remaining 1/2 teaspoon of cardamom. Use a #100 disher (a 3/4-tablespoon scoop) or a tablespoon to scoop small balls of dough a few at a time into the sugar-cardamom mixture, then roll the pieces to coat them and lightly roll them into balls between your palms, pressing the sugar mixture into the dough.

- Preheat the oven to 350°F with the oven rack in the middle of the oven. Line a baking sheet with parchment paper.
- Set as many of the cookies as you intend to bake about 2 inches apart on the prepared baking sheet.
- Bake for 5 minutes, then rotate the baking sheet front to back. Continue baking for another 4 to 6 minutes, until the tops of the cookies are crackled and the edges are just barely browned.
- Transfer to a wire rack to cool.
- Set the remaining dough close together but without touching on a baking sheet and freeze until firm, at least 1 hour.
- Remove the baking sheet from the freezer and put the cookies in a freezer-safe heavy-duty resealable plastic bag, rolling out the excess air before you seal it. Return to the freezer and store for up to 3 months.
- Bake the frozen cookies for 14 to 16 minutes, until the tops of the cookies are crackled and the edges are just barely browned.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:1.046956518179%

Nutrients (% of daily need)

Calories: 64.11kcal (3.21%), Fat: 2.8g (4.31%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 9.04g (3.29%), Sugar: 5.31g (5.9%), Cholesterol: 11.65mg (3.88%), Sodium: 27.56mg (1.2%), Alcohol: 0.02g (100%), Alcohol %: 0.17% (100%), Protein: 0.7g (1.41%), Selenium: 2.14µg (3.06%), Vitamin B1: 0.04mg (2.62%), Manganese: 0.05mg (2.47%), Folate: 9.72µg (2.43%), Vitamin B2: 0.03mg (1.85%), Vitamin A: 87.83IU (1.76%), Iron: 0.29mg (1.63%), Vitamin B3: 0.3mg (1.49%)