



## Cookie Mold Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



164 kcal

DESSERT

### Ingredients

- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup sugar white

### Equipment

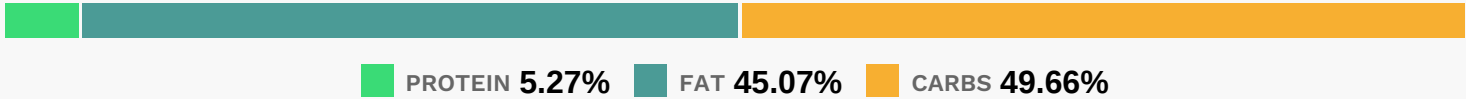
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife

## Directions

- ☐ Beat the butter for 1 minute add the sugar and beat for another 3 minutes. Beat in the vanilla and eggs and mix for 1 minute.
- ☐ Add the flour and salt an beat for 1 minute, scraping the sides of the bowl. Refrigerate dough for 1 to 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Oil mold with vegetable oil or spray. Dust mold with flour, then tap mold on side to remove any excess flour. Press dough into mold, scraping excess off with a knife so that dough is flush with the edge of the mold. Loosen edges and let dough fall onto an ungreased cookie sheet.
- ☐ Bake at 375 degrees F (190 degrees C) for 12 to 15 minutes or until lightly browned.
- ☐ Let cool for a few minutes before removing from sheet.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:14.45, Inflammation Score:-2, Nutrition Score:2.8630434896635%

## Nutrients (% of daily need)

Calories: 163.58kcal (8.18%), Fat: 8.2g (12.61%), Saturated Fat: 5g (31.25%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.9g (7.24%), Sugar: 8.45g (9.39%), Cholesterol: 33.98mg (11.33%), Sodium: 163.36mg (7.1%), Alcohol: 0.19g (100%), Alcohol %: 0.62% (100%), Protein: 2.16g (4.31%), Selenium: 6.57µg (9.38%), Vitamin B1: 0.12mg (8.31%), Folate: 30.6µg (7.65%), Vitamin B2: 0.1mg (5.84%), Manganese: 0.11mg (5.47%), Vitamin A: 256.16IU (5.12%), Vitamin B3: 0.93mg (4.66%), Iron: 0.8mg (4.43%), Phosphorus: 26.44mg (2.64%), Vitamin E: 0.27mg (1.78%), Fiber: 0.42g (1.69%), Vitamin B5: 0.14mg (1.35%), Copper: 0.03mg (1.31%), Zinc: 0.17mg (1.11%), Magnesium: 4.13mg (1.03%)