



Cookie Press Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



96

CALORIES



53 kcal

DESSERT

Ingredients

- 2 egg whites
- 2 egg yolks
- 3.8 cups flour all-purpose
- 1 pinch salt
- 1.5 cups butter unsalted softened
- 1 tablespoon vanilla extract
- 2 tablespoons water
- 1 cup sugar white

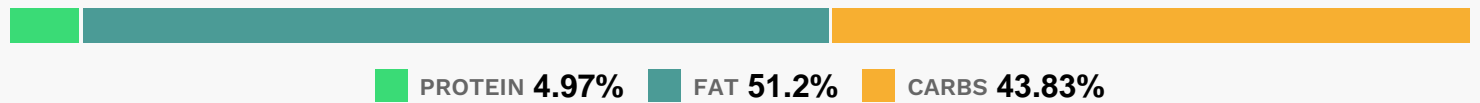
Equipment

- baking sheet
- oven

Directions

- Cream together the butter and sugar until light and fluffy.
- Mix in the egg yolks, 2 tablespoons water, flour, salt and vanilla. Chill the dough.
- Preheat the oven to 400 degrees F (205 degrees C).
- Fill the cookie press and shape the cookies on an ungreased baking sheet.
- Brush the top of each cookie with the egg whites mixed with 2 tablespoons of the water. Decorate as desired.
- Bake at 400 degrees F (205 degrees C) until the cookies are golden brown on top, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:1.51, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:0.91478261286798%

Nutrients (% of daily need)

Calories: 53.15kcal (2.66%), Fat: 3.03g (4.66%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.71g (2.08%), Sugar: 2.12g (2.35%), Cholesterol: 11.68mg (3.89%), Sodium: 2.16mg (0.09%), Alcohol: 0.05g (100%), Alcohol %: 0.49% (100%), Protein: 0.66g (1.32%), Selenium: 2.04µg (2.91%), Vitamin B1: 0.04mg (2.61%), Folate: 9.61µg (2.4%), Vitamin A: 94.04IU (1.88%), Vitamin B2: 0.03mg (1.8%), Manganese: 0.03mg (1.71%), Vitamin B3: 0.29mg (1.46%), Iron: 0.24mg (1.33%)