



## Costumed Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



194 kcal

DESSERT

### Ingredients

- 1 cup butter softened
- 1 teaspoon cream of tartar
- 1 large eggs
- 1 egg yolk lightly beaten
- 3.3 cups flour all-purpose
- 30 servings colors of paste food coloring assorted
- 0.5 teaspoon salt
- 1.5 cups sugar

- 30 servings decorator sugar
- 0.3 teaspoon water

## Equipment

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

## Directions

- Beat butter at medium speed of an electric mixer 2 minutes or until creamy. Gradually add 1 1/2 cups sugar, beating well.
- Add egg and beat well.
- Combine flour, cream of tartar, and salt; add to butter mixture, beating at low speed just until blended.
- Roll dough to 1/4" thickness between 2 sheets of wax paper.
- Cut with cookie cutters.
- Place 1" apart on ungreased cookie sheets.
- Combine egg yolk and water; stir well. Divide mixture among several cups. Tint with desired colors of food coloring. Keep egg yolk paint covered until ready to use.
- Add a few drops of water if paint thickens too much.
- Using a small paintbrush or sea sponge, paint assorted designs on some cookies with egg yolk paint.
- Sprinkle some cookies with decorator sugar. (Some cookies will be baked plain.)
- Bake at 350 for 10 to 12 minutes.
- Let cookies stand 1 minute on cookie sheets. Carefully transfer cookies to wire racks to cool completely. Frost remaining cookies with vanilla and chocolate frosting and decorate as desired.

## Nutrition Facts

PROTEIN 3.65% FAT 30.34% CARBS 66.01%

## Properties

Glycemic Index:8.84, Glycemic Load:23.03, Inflammation Score:-2, Nutrition Score:2.5095652030862%

## Nutrients (% of daily need)

Calories: 194.08kcal (9.7%), Fat: 6.66g (10.25%), Saturated Fat: 4.02g (25.13%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 32.24g (11.72%), Sugar: 22.01g (24.45%), Cholesterol: 28.95mg (9.65%), Sodium: 90.62mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Selenium: 5.76µg (8.23%), Vitamin B1: 0.11mg (7.41%), Folate: 27.3µg (6.83%), Vitamin B2: 0.09mg (5.07%), Manganese: 0.1mg (4.84%), Vitamin A: 206.74IU (4.13%), Vitamin B3: 0.82mg (4.12%), Iron: 0.71mg (3.93%), Phosphorus: 22.46mg (2.25%), Fiber: 0.38g (1.5%), Vitamin E: 0.22mg (1.45%), Copper: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.13%), Potassium: 36.58mg (1.05%)