

# Cream Cheese Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



97 kcal

DESSERT

## Ingredients

- 3 ounces cream cheese softened
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 1 cup sugar
- 8 tablespoons butter unsalted at room temperature

## Equipment

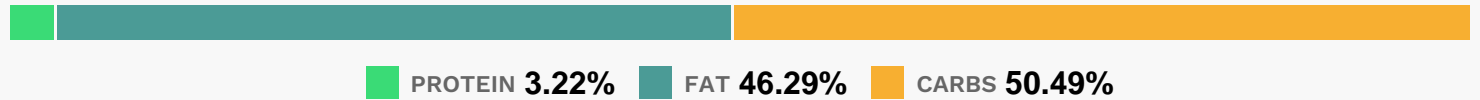
- bowl
- baking sheet

- oven
- blender
- spatula

## Directions

- Heat the oven to 350°F. Using a standing mixer or hand beaters, cream together the butter, cream cheese and sugar until light and fluffy, 3 to 5 minutes.
- Mix in the flour and salt, just until incorporated. Scrape down the bowl and give it a quick stir with a spoon to make sure everything is evenly mixed.
- Drop the batter by tablespoonfuls onto baking sheets lined with parchment, leaving about 1 1/2 inches between each cookie (they will spread a little).
- Bake for about 12 minutes, until the edges are golden brown. Do not over-bake, or the cookies won't be chewy! Cool slight on the cookie sheet, and then remove the cookies with a spatula and let them finish cooling on a rack.

## Nutrition Facts



## Properties

Glycemic Index:7.17, Glycemic Load:8.75, Inflammation Score:-1, Nutrition Score:1.0947825999364%

## Nutrients (% of daily need)

Calories: 96.9kcal (4.85%), Fat: 5.08g (7.82%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 12.33g (4.48%), Sugar: 8.47g (9.41%), Cholesterol: 13.61mg (4.54%), Sodium: 60.28mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin A: 164.21IU (3.28%), Selenium: 2.17µg (3.1%), Vitamin B1: 0.04mg (2.8%), Folate: 9.99µg (2.5%), Vitamin B2: 0.04mg (2.18%), Manganese: 0.04mg (1.83%), Vitamin B3: 0.31mg (1.56%), Iron: 0.25mg (1.39%), Phosphorus: 10.54mg (1.05%)