

Cut-Out Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



199 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup confectioners' sugar
- 2 eggs
- 3.5 cups flour all-purpose
- 1 teaspoon salt
- 1 cup shortening
- 0.5 teaspoon vanilla extract
- 2 tablespoons water

1 cup sugar white

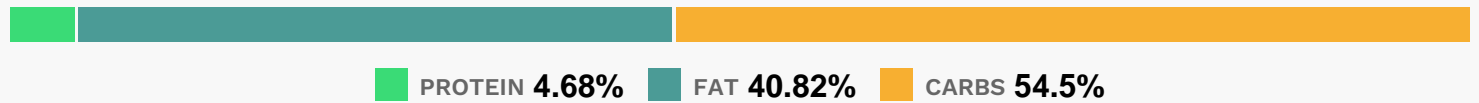
Equipment

oven

Directions

- Mix together flour, shortening, white sugar, baking powder and eggs. Stir in 2 teaspoons vanilla and salt.
- Refrigerate dough for easier roll-out.
- Bake at 375 degrees F (190 degrees C) for 8-10 minutes (watch carefully).
- Add glaze to cooled cookies.
- Mix 1 cup confectioners' sugar, water (to desired consistency), 1/2 tsp. vanilla and preferred food color for cookie icing. Decorate with favorite sprinkles.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:15.97, Inflammation Score:-1, Nutrition Score:3.3604348314845%

Nutrients (% of daily need)

Calories: 199.06kcal (9.95%), Fat: 9.1g (13.99%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 26.84g (9.76%), Sugar: 13.28g (14.76%), Cholesterol: 13.64mg (4.55%), Sodium: 138.39mg (6.02%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.35g (4.69%), Selenium: 7.39µg (10.55%), Vitamin B1: 0.15mg (9.75%), Folate: 35.08µg (8.77%), Vitamin B2: 0.11mg (6.44%), Manganese: 0.13mg (6.32%), Vitamin B3: 1.08mg (5.4%), Iron: 0.96mg (5.34%), Vitamin K: 4.61µg (4.39%), Vitamin E: 0.57mg (3.82%), Phosphorus: 34.26mg (3.43%), Calcium: 24.7mg (2.47%), Fiber: 0.49g (1.97%), Vitamin B5: 0.19mg (1.94%), Copper: 0.03mg (1.51%), Zinc: 0.18mg (1.18%), Magnesium: 4.57mg (1.14%)