



Decorate-Before-You-Bake Cookies

READY IN



100 min.

SERVINGS



72

CALORIES



50 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 0.8 cup butter softened
- ☐ 0.3 teaspoon cream of tartar
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.8 cups flour all-purpose
- ☐ 4 drops drop natural food coloring green
- ☐ 3 teaspoons milk

- ☐ 4 drops food coloring red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons sugar

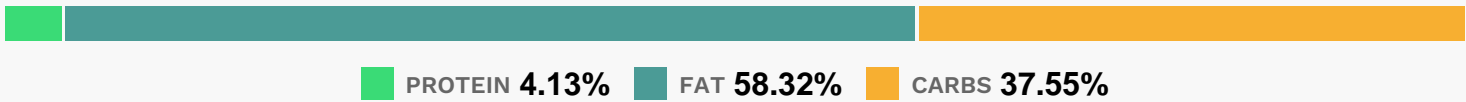
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In large bowl, beat 3/4 cup butter and 1/2 cup sugar with electric mixer on medium speed until light and fluffy.
- ☐ Add egg; beat well. Stir in 1 3/4 cups flour, the baking soda, cream of tartar and salt. Knead dough into smooth ball. Wrap in plastic wrap; refrigerate until firm, about 1 hour.
- ☐ Meanwhile, in small bowl, mix 1/2 cup butter, the milk and 1/2 cup flour with fork until well mixed. Divide mixture in half. Stir red food color into 1 half and green food color into other half. Spoon each mixture into decorating bag fitted with small writing tip; set aside.
- ☐ Heat oven to 375F. Shape 1 half of the cookie dough into 3/4-inch balls.
- ☐ Place balls 2 inches apart on ungreased cookie sheets. In small bowl, measure 2 tablespoons sugar. Dip bottom of glass into sugar, and use to flatten each ball into 1 1/2-inch round. Pipe colored mixture from decorating bags on each cookie in various holiday designs. Repeat with remaining half of dough.
- ☐ Bake 7 to 9 minutes or until set. Immediately remove to cooling rack.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:3.36, Inflammation Score:-1, Nutrition Score:0.78478261164349%

Nutrients (% of daily need)

Calories: 50.21kcal (2.51%), Fat: 3.28g (5.05%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.65g (1.69%), Sugar: 1.74g (1.94%), Cholesterol: 2.3mg (0.77%), Sodium: 53.89mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin A: 144.61IU (2.89%), Selenium: 1.53µg (2.18%), Vitamin B1: 0.03mg (2.09%), Folate: 7.48µg (1.87%), Vitamin B2: 0.02mg (1.42%), Manganese: 0.03mg (1.35%), Vitamin B3: 0.23mg (1.16%), Iron: 0.19mg (1.07%)