



Delilah's Frosted Cut-Out Sugar Cookies

 Vegetarian

READY IN



18 min.

SERVINGS



36

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 2 drops any color food coloring
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 0.8 cup butter shortening flavored
- ☐ 2.5 cups confectioners' sugar
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 3 tablespoons milk

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

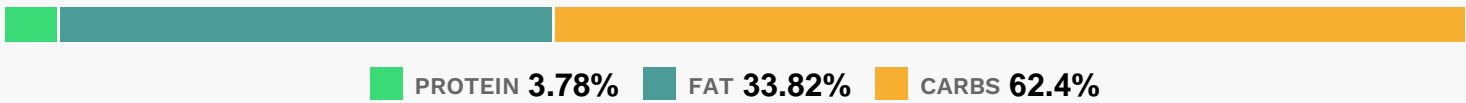
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ In a large bowl, cream together the shortening and white sugar until smooth. Beat in the eggs one at a time, then stir in the milk and 1 teaspoon vanilla.
- ☐ Combine the flour, baking powder, and salt; stir into the creamed mixture. Cover dough, and chill for at least one hour.
- ☐ Preheat the oven to 400 degrees F (200 degrees C). Lightly grease cookie sheets, or line with parchment paper. On a lightly floured surface, roll out the dough to 1/4 inch in thickness.
- ☐ Cut into desired shapes with cookie cutters.
- ☐ Place cookies 1 1/2 inches apart onto cookie sheets.
- ☐ Bake for 6 to 8 minutes in the preheated oven.
- ☐ Remove cookies from baking sheets to cool on wire racks. Cool completely before frosting.
- ☐ In a small bowl, beat the butter, 1 teaspoon vanilla and confectioners' sugar until smooth.
- ☐ Mix in the milk one tablespoon at a time until a good spreading consistency is reached. Stir in food coloring to desired shade. Decorate cooled cookies, and set on waxed paper to harden.

Nutrition Facts



Properties

Glycemic Index:9.03, Glycemic Load:8.72, Inflammation Score:-1, Nutrition Score:1.7221739201442%

Nutrients (% of daily need)

Calories: 130.57kcal (6.53%), Fat: 4.96g (7.63%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 20.36g (7.4%), Sugar: 13.8g (15.33%), Cholesterol: 10.08mg (3.36%), Sodium: 83.4mg (3.63%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.25g (2.5%), Selenium: 3.8µg (5.44%), Vitamin B1: 0.07mg (4.71%), Folate: 17.05µg (4.26%), Vitamin B2: 0.06mg (3.45%), Manganese: 0.06mg (3.05%), Iron: 0.47mg (2.61%), Vitamin B3: 0.52mg (2.58%), Vitamin K: 2.34µg (2.23%), Vitamin E: 0.3mg (2.02%), Phosphorus: 18.01mg (1.8%), Calcium: 11.06mg (1.11%), Vitamin B5: 0.11mg (1.1%)