



Easy Butter Cookies I

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



82 kcal

DESSERT

Ingredients

- 0.5 cup cornstarch
- 1.5 cups flour all-purpose sifted
- 1 cup butter unsalted softened
- 0.5 cup sugar white

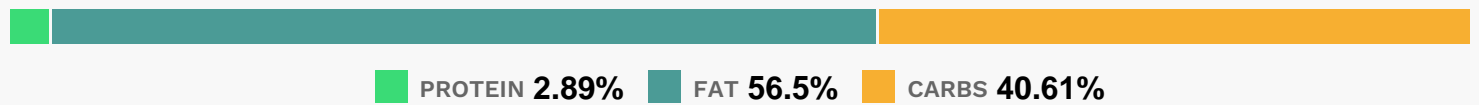
Equipment

- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets.
- Mix together all ingredients until well-blended.
- Roll 2-inch sized pieces of dough into balls and place on cookie sheet. Flatten each with the back of a fork.
- Bake 13 to 15 minutes until light brown.
- Let cool on wire rack.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:4.81, Inflammation Score:-1, Nutrition Score:1.0039130484928%

Nutrients (% of daily need)

Calories: 81.64kcal (4.08%), Fat: 5.18g (7.96%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 8.21g (2.99%), Sugar: 2.79g (3.1%), Cholesterol: 13.56mg (4.52%), Sodium: 0.99mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin A: 157.58IU (3.15%), Vitamin B1: 0.04mg (2.75%), Selenium: 1.9µg (2.71%), Folate: 9.72µg (2.43%), Manganese: 0.04mg (1.84%), Vitamin B2: 0.03mg (1.67%), Vitamin B3: 0.31mg (1.55%), Iron: 0.25mg (1.4%)