

Easy Sugar Cookies

 Vegetarian

READY IN



25 min.

SERVINGS



48

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

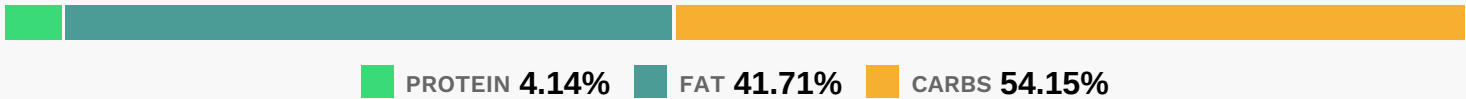
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
- ☐ In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients.
- ☐ Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
- ☐ Bake 8 to 10 minutes in the preheated oven, or until golden.
- ☐ Let stand on cookie sheet two minutes before removing to cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:8.33, Inflammation Score:-1, Nutrition Score:1.2721739181358%

Nutrients (% of daily need)

Calories: 85.61kcal (4.28%), Fat: 4.01g (6.17%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 11.53g (4.19%), Sugar: 6.27g (6.97%), Cholesterol: 13.58mg (4.53%), Sodium: 59.14mg (2.57%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 0.9g (1.79%), Selenium: 2.79µg (3.99%), Vitamin B1: 0.06mg (3.79%), Folate: 13.68µg (3.42%), Vitamin B2: 0.04mg (2.5%), Manganese: 0.05mg (2.48%), Vitamin A: 123.13IU (2.46%), Vitamin B3: 0.43mg (2.13%), Iron: 0.36mg (1.98%), Phosphorus: 11.6mg (1.16%)