



Five Flavor Sugar Cookies

READY IN



45 min.

SERVINGS



15

CALORIES



160 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons firmly brown sugar light packed
- ☐ 0.3 teaspoon butter flavor extract
- ☐ 0.1 teaspoon a handful of coconut flakes
- ☐ 1 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 0.1 teaspoon rum extract
- ☐ 0.3 teaspoon salt

- ☐ 0.5 pound unbleached flour all-purpose
- ☐ 1 ounce butter unsalted room temperature
- ☐ 0.3 teaspoon vanilla extract
- ☐ 2.5 ounces vegetable shortening

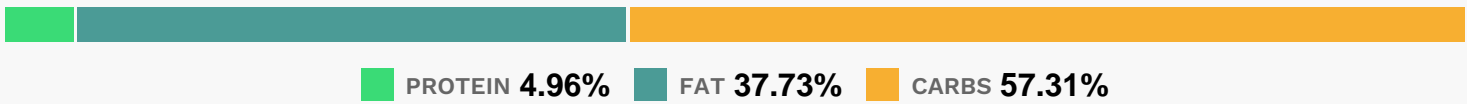
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Preheat oven to 350 degrees F.In a large mixing bowl, combine the shortening, butter and both sugars. Beat on high speed until light and creamy. Beat in all five extracts. Reduce mixture speed slightly and beat in the egg, followed by the sale and baking soda. By hand, or if using the paddle attachment of a stand mixer, gradually add the flour (I don't recommend using low speed of an electric mixer because it's too easy to overbeat the flour).Using a rounded tablespoon of dough, shape dough into large balls.
- ☐ Roll balls in sugar and place on nonstick or parchment lined baking sheets spacing 3 inches apart.
- ☐ Bake at 350 F for 15 minutes or until edges start to brown

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:15.33, Inflammation Score:-1, Nutrition Score:2.707391275012%

Nutrients (% of daily need)

Calories: 160.04kcal (8%), Fat: 6.76g (10.4%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 22.7g (8.25%), Sugar: 11.6g (12.89%), Cholesterol: 16.46mg (5.49%), Sodium: 81.23mg (3.53%),

Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 2g (4%), Selenium: 6.25µg (8.93%), Vitamin B1: 0.12mg (8.07%), Folate: 29.31µg (7.33%), Vitamin B2: 0.09mg (5.45%), Manganese: 0.11mg (5.31%), Vitamin B3: 0.9mg (4.49%), Iron: 0.78mg (4.34%), Vitamin K: 2.7µg (2.57%), Vitamin E: 0.38mg (2.52%), Phosphorus: 23.47mg (2.35%), Fiber: 0.41g (1.64%), Vitamin B5: 0.15mg (1.54%), Vitamin A: 65.23IU (1.3%), Copper: 0.03mg (1.3%), Zinc: 0.15mg (1.02%)