

Frosted Brown Sugar Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



200 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 1 cup powdered sugar
- 1 eggs
- 1.8 cups flour all-purpose
- 2 tablespoons milk
- 0.3 teaspoon salt

0.5 cup cream sour

Equipment

bowl

baking sheet

sauce pan

oven

Directions

In a small bowl, cream butter and brown sugar. Beat in egg and sour cream; mix well.

Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well.

Drop by tablespoonfuls 2 in. apart onto greased baking sheets.

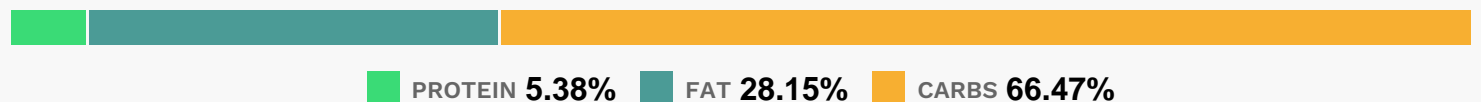
Bake at 375° for 9–11 minutes or until golden brown.

Remove to wire racks to cool.

For frosting, in a small saucepan, melt butter over low heat; add brown sugar. Cook and stir for 2 minutes. Gradually add the milk. Bring to a boil, stirring constantly.

Remove from the heat. Stir in confectioners' sugar. Cool for 20–30 minutes. Frost cooled cookies.

Nutrition Facts



Properties

Glycemic Index:13.58, Glycemic Load:10.11, Inflammation Score:-2, Nutrition Score:3.5378260836005%

Nutrients (% of daily need)

Calories: 199.71kcal (9.99%), Fat: 6.3g (9.7%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 32.98g (11.99%), Sugar: 19.18g (21.32%), Cholesterol: 29.76mg (9.92%), Sodium: 136.71mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Selenium: 7.93µg (11.32%), Vitamin B1: 0.15mg (9.87%), Folate: 35.89µg (8.97%), Vitamin B2: 0.13mg (7.64%), Manganese: 0.13mg (6.64%), Vitamin B3: 1.1mg (5.51%), Iron: 0.99mg (5.5%), Vitamin A: 201.74IU (4.03%), Phosphorus: 38.26mg (3.83%), Calcium: 26.42mg (2.64%), Fiber: 0.49g (1.97%), Vitamin B5: 0.19mg (1.95%), Copper: 0.04mg (1.78%), Magnesium: 6.63mg (1.66%),

Potassium: 53.83mg (1.54%), Zinc: 0.22mg (1.5%), Vitamin E: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.24%), Vitamin B6: 0.02mg (1.18%)