



## Gluten-Free Christmas Sugar Cookies

READY IN



120 min.

SERVINGS



24

CALORIES



196 kcal

DESSERT

### Ingredients

- 1 cup granulated sugar
- 0.5 cup shortening
- 0.5 cup butter softened
- 2 teaspoons vanilla extract pure
- 1 eggs
- 16 oz flour gluten free
- 0.5 teaspoon double-acting baking powder gluten-free
- 0.3 teaspoon salt
- 1 cup powdered sugar gluten-free

2 tablespoons milk

## Equipment

bowl

baking sheet

oven

wire rack

plastic wrap

hand mixer

cookie cutter

## Directions

In large bowl, beat granulated sugar, shortening and softened butter with electric mixer on medium speed, scraping bowl often, until creamy. On low speed, beat in vanilla and egg. Stir in flour blend, baking powder and salt until well mixed. Divide dough in half; shape each half into disk. Wrap in plastic wrap; refrigerate about 1 hour or until firm.

Heat oven to 375°F. On work surface lightly sprinkled with flour blend, roll each half of dough to 1/4-inch thickness.

Cut with 2 1/2-inch cookie cutter.

Place 1 inch apart on ungreased cookie sheets.

Bake 8 to 12 minutes or until edges are lightly browned.

Let stand 2 minutes on cookie sheet; remove to cooling rack. Cool completely, about 15 minutes. Stir together Glaze ingredients.

Drizzle on cookies.

Sprinkle with additional granulated sugar, if desired.

Let stand 30 minutes or until glaze is set. Store covered in airtight container at room temperature with waxed paper between layers.

## Nutrition Facts



PROTEIN 4.59%  FAT 38.93%  CARBS 56.48%

## Properties

Glycemic Index:13.55, Glycemic Load:16.3, Inflammation Score:-2, Nutrition Score:3.224782605534%

## Nutrients (% of daily need)

Calories: 196.37kcal (9.82%), Fat: 8.53g (13.13%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 27.34g (9.94%), Sugar: 13.37g (14.86%), Cholesterol: 17.14mg (5.71%), Sodium: 67.31mg (2.93%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Protein: 2.26g (4.53%), Selenium: 7.12µg (10.17%), Vitamin B1: 0.15mg (10.06%), Folate: 35.59µg (8.9%), Manganese: 0.13mg (6.54%), Vitamin B2: 0.11mg (6.35%), Vitamin B3: 1.12mg (5.61%), Iron: 0.93mg (5.17%), Phosphorus: 28.28mg (2.83%), Vitamin E: 0.4mg (2.68%), Vitamin A: 130.11IU (2.6%), Vitamin K: 2.67µg (2.54%), Fiber: 0.51g (2.04%), Vitamin B5: 0.15mg (1.5%), Copper: 0.03mg (1.49%), Magnesium: 4.69mg (1.17%), Calcium: 11.66mg (1.17%), Zinc: 0.17mg (1.11%)