



Gluten-Free Christmas Sugar Cookies

 Gluten Free

READY IN



120 min.

SERVINGS



24

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder gluten-free
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons milk
- ☐ 1 cup powdered sugar
- ☐ 2.5 cups rice flour gluten free all-purpose
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup shortening
- ☐ 2 teaspoons vanilla gluten-free

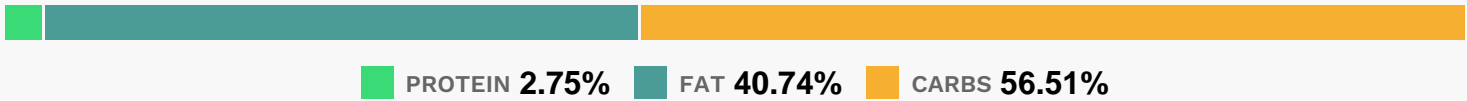
Equipment

- ☐ 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 375F. 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.
- ☐ Spread on cookies.
- ☐ Sprinkle with additional granulated sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:14.67, Inflammation Score:-1, Nutrition Score:1.9478260978408%

Nutrients (% of daily need)

Calories: 188.57kcal (9.43%), Fat: 8.58g (13.21%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 26.38g (9.59%), Sugar: 13.34g (14.82%), Cholesterol: 17.14mg (5.71%), Sodium: 66.93mg (2.91%), Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Protein: 1.3g (2.61%), Manganese: 0.2mg (10.1%), Selenium: 3.23µg (4.62%), Vitamin B6: 0.08mg (3.84%), Vitamin E: 0.41mg (2.73%), Vitamin A: 130.11IU (2.6%), Vitamin K: 2.61µg (2.49%), Phosphorus: 24.21mg (2.42%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.2mg (2.04%), Vitamin B1: 0.03mg (1.7%), Fiber: 0.4g (1.6%), Magnesium: 6.36mg (1.59%), Copper: 0.02mg (1.21%), Zinc: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.06%), Calcium: 10.49mg (1.05%)