



Gluten-Free Tuesday: Cut-Out Cookies



Vegetarian



Gluten Free

READY IN



160 min.

SERVINGS



36

CALORIES



80 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.7 cup butter softened
- ☐ 0.5 cup cornstarch
- ☐ 1 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 1.3 cups rice flour white
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup rice flour sweet

- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons water
- ☐ 0.3 teaspoon xanthan gum

Equipment

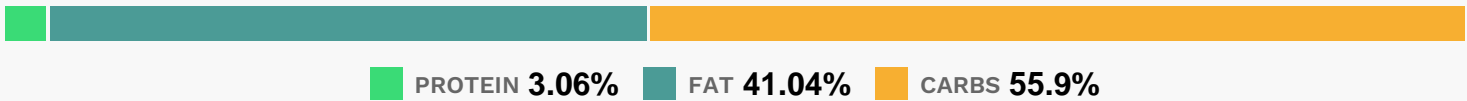
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ In medium mixing bowl, whisk together white rice flour, cornstarch, sweet rice flour, baking powder, salt, and xanthan gum. Set aside. In standing mixer fitted with paddle attachment or large mixing bowl with hand mixer, beat butter and sugar on medium-high speed until a thick paste forms, about 30 seconds. Scrape down bowl.
- ☐ Add egg and vanilla, turn mixer on to medium speed. Blend until incorporated, about 25 seconds. Turn off mixer and add dry ingredients. Turn mixer to medium-low. Blend until a dough forms, about 30 seconds. Dough might be dry, especially if you are using shortening. If this is the case, add 2-3 teaspoons water.
- ☐ Pat dough into round. Wrap tightly with plastic wrap and refrigerate for two hours.
- ☐ Preheat oven to 350°F. Line two baking sheets with parchment paper.
- ☐ Remove dough from refrigerator. Allow to dough to stand for 10 minutes or until slightly soft. Generously dust countertop with white rice flour.
- ☐ Roll dough out about 1/4-inch thick.
- ☐ Cut dough into shapes.

- ☐ Place on prepared baking sheet.
- ☐ Bake cookies until edges are golden brown. (Baking time will vary depending on the size of your cookies. My 3-inch trees took about 12 minutes; the 6-inch dachshunds took about 14 minutes. Keep your eye on the first batch of cookies to help you with the timing.)
- ☐ Transfer cookies to a wire rack to cool. Repeat with remaining dough. Gluten-free cookie dough can be gathered into a ball and re-rolled. Be sure to bake cookies on cool baking sheet. I usually bake one sheet of cookies at a time. This allows baking sheets to cool between batches.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:6.46, Inflammation Score:-1, Nutrition Score:0.88217392239882%

Nutrients (% of daily need)

Calories: 79.79kcal (3.99%), Fat: 3.65g (5.62%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 11g (4%), Sugar: 4.19g (4.65%), Cholesterol: 14.2mg (4.73%), Sodium: 57.76mg (2.51%), Alcohol: 0.04g (100%), Alcohol %: 0.26% (100%), Protein: 0.61g (1.22%), Manganese: 0.08mg (4.09%), Vitamin A: 112.55IU (2.25%), Selenium: 1.55µg (2.21%), Vitamin B6: 0.03mg (1.58%), Phosphorus: 13.02mg (1.3%)