Halloween Sugar Cookies

READY IN	SERVINGS	CALORIES
45 min.	24	192 kcal

DESSERT

Ingredients

- [ ] 0.4 teaspoon double-acting baking powder
- [ ] 0.3 teaspoon baking soda
- [ ] 0.5 cup butter crisco flavored
- [ ] 4.5 tablespoons butter softened
- [ ] 1 large eggs
- [ ] 6.8 oz flour all-purpose
- [ ] 0.5 cup granulated sugar
- [ ] 2 tablespoons pancake syrup
- [ ] 2 cups powdered sugar

- [ ] 0.3 teaspoon salt
- [ ] 24 servings sprinkles
- [ ] 0.5 teaspoon vanilla extract
- [ ] 1.5 tablespoons milk whole

Equipment

- [ ] baking sheet
- [ ] oven
- [ ] mixing bowl
- [ ] hand mixer

Directions

- [ ] Preheat oven to 350°F.In a large mixing bowl using a hand-held electric mixer, beat the shortening and sugar until creamy.

- [ ] Add egg, syrup and vanilla; beat well. By hand, gradually add flour mixture until blended.Shape dough into balls and roll in sugar OR leave plain if using frosting. For flatter cookies, press the dough down. For fat rounds, keep the cookie dough in balls.

- [ ] Bake for 8-10 minutes, depending on size and thickness of dough balls. Be careful not to over-bake. Cool 2 minutes, then remove from cookie sheets to cool.To make the frosting, beat the sugar and butter together with an electric mixer.

- [ ] Add milk as needed (starting with 1 1/2 tablespoons and working up) and continue beating until creamy. Beat in the vanilla.

Nutrition Facts

PROTEIN **2.36%** FAT **33.73%** CARBS **63.91%**
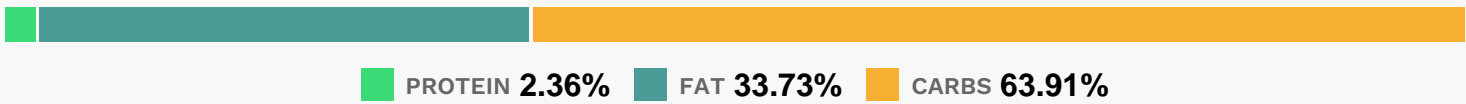
Properties

Glycemic Index:13.55, Glycemic Load:7.38, Inflammation Score:-1, Nutrition Score:1.6704348001791%

Nutrients (% of daily need)

Calories: 191.8kcal (9.59%), Fat: 7.27g (11.18%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 30.77g (11.19%), Sugar: 23.12g (25.69%), Cholesterol: 13.57mg (4.52%), Sodium: 64.66mg (2.81%),

Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 1.15g (2.29%), Selenium: 3.5μg (5.01%), Vitamin B1: 0.07mg (4.37%), Folate: 15.76μg (3.94%), Vitamin B2: 0.05mg (3.19%), Manganese: 0.06mg (2.88%), Iron: 0.43mg (2.39%), Vitamin B3: 0.48mg (2.39%), Vitamin K: 2.49μg (2.37%), Vitamin E: 0.35mg (2.33%), Phosphorus: 15.92mg (1.59%), Vitamin A: 79.38IU (1.59%), Vitamin B5: 0.1mg (1.03%)