



## Healthier (but still) The Best Rolled Sugar Cookies

 Vegetarian

READY IN



**88 min.**

SERVINGS



**60**

CALORIES



**99 kcal**

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1.5 cups butter softened
- 4 eggs
- 5 cups flour all-purpose
- 1 cup granular sucralose sweetener splenda® (such as )
- 1 teaspoon vanilla extract
- 0.3 cup sugar white

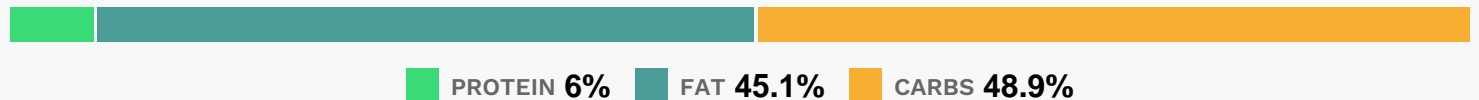
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- Cream together butter, sweetener, and sugar in a large bowl, until smooth. Beat in eggs and vanilla extract. Stir in flour and baking powder. Cover and chill dough for at least one hour or overnight.
- Preheat oven to 400 degrees F (200 degrees C).
- Roll out dough on floured surface 1/4- to 1/2-inch thick.
- Cut into shapes with any cookie cutter.
- Place cookies 1-inch apart on ungreased baking sheets.
- Bake in preheated oven until golden, about 6 to 8 minutes. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:5.62, Glycemic Load:8.08, Inflammation Score:-1, Nutrition Score:1.9686956690705%

## Nutrients (% of daily need)

Calories: 98.54kcal (4.93%), Fat: 4.99g (7.67%), Saturated Fat: 3.02g (18.91%), Carbohydrates: 12.17g (4.06%), Net Carbohydrates: 11.88g (4.32%), Sugar: 3.84g (4.26%), Cholesterol: 23.11mg (7.7%), Sodium: 55.01mg (2.39%), Alcohol: 0.02g (100%), Alcohol %: 0.12% (100%), Protein: 1.49g (2.99%), Selenium: 4.5µg (6.42%), Vitamin B1: 0.08mg (5.55%), Folate: 20.61µg (5.15%), Vitamin B2: 0.07mg (3.95%), Manganese: 0.07mg (3.6%), Vitamin A: 157.66IU (3.15%), Vitamin B3: 0.62mg (3.1%), Iron: 0.55mg (3.06%), Phosphorus: 21.35mg (2.13%), Calcium: 12.42mg (1.24%), Fiber: 0.28g (1.13%), Vitamin E: 0.17mg (1.12%)