



Heart-of-My-Heart Cookies

READY IN



70 min.

SERVINGS



24

CALORIES



201 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1.5 cups powdered sugar
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon cream of tartar
- ☐ 1.5 cups powdered sugar
- ☐ 3 tablespoons milk

- ☐ 1 serving sprinkles
- ☐ 4.3 oz fluffy frosting

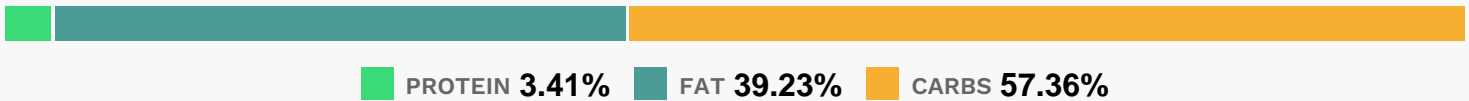
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ In large bowl, beat butter, 1 1/2 cups powdered sugar, the vanilla and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking soda and cream of tartar. Cover; refrigerate 2 to 3 hours or until chilled.
- ☐ Heat oven to 375°F. Divide dough in half. On lightly floured cloth-covered surface, roll each half 1/4 inch thick.
- ☐ Cut with 3 1/2-inch heart-shaped cookie cutter. On ungreased cookie sheet, place cutouts 2 inches apart. If desired, sprinkle with colored sugars.
- ☐ Bake 8 to 10 minutes or until delicately golden.
- ☐ Remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- ☐ In small bowl, mix glaze ingredients until smooth and spreadable.
- ☐ Spread glaze over cookies. Decorate with decorator icings.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:8.69, Inflammation Score:-3, Nutrition Score:2.6117391827638%

Nutrients (% of daily need)

Calories: 201.05kcal (10.05%), Fat: 8.81g (13.56%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 28.64g (10.41%), Sugar: 18.37g (20.41%), Cholesterol: 7.05mg (2.35%), Sodium: 147.99mg (6.43%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 1.72g (3.45%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.11mg (7.03%), Vitamin A: 351.26IU (7.03%), Folate: 25.19µg (6.3%), Vitamin B2: 0.1mg (5.7%), Manganese: 0.09mg (4.53%), Vitamin B3: 0.79mg (3.93%), Iron: 0.66mg (3.66%), Vitamin E: 0.4mg (2.65%), Phosphorus: 22.68mg (2.27%), Fiber: 0.35g (1.41%), Potassium: 46.13mg (1.32%), Copper: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.03%)