



Herbed Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 2.7 cups flour all-purpose
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar

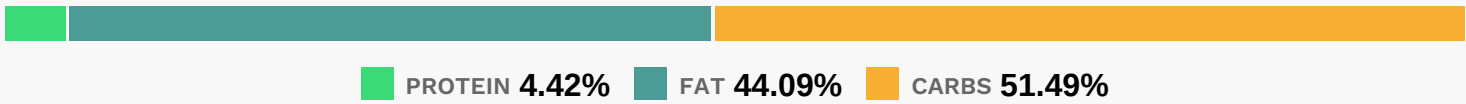
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating well.
- ☐ Add egg; beat well. Stir together flour and salt; add to butter mixture, beating at low speed until blended. Stir in herbs.
- ☐ Divide dough into fourths.
- ☐ Roll each portion to a 1/4" thickness on a lightly floured surface.
- ☐ Cut dough with assorted Christmas tree cookie cutters. (We used cutters ranging from 1 1/2" to 5 1/2" in size.)
- ☐ Place on ungreased baking sheets.
- ☐ Bake at 350 for 8 to 10 minutes or until very lightly browned.
- ☐ Let cool 1 minute on baking sheets.
- ☐ Remove to wire racks to cool completely.
- ☐ Note: Because size of cookie cutters can affect baking time, check cookies often while in the oven.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:9.98, Inflammation Score:-5, Nutrition Score:1.7939130326976%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 108.18kcal (5.41%), Fat: 5.37g (8.26%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 13.79g (5.02%), Sugar: 6.96g (7.74%), Cholesterol: 18.72mg (6.24%), Sodium: 75.13mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Selenium: 3.67µg (5.24%), Vitamin B1: 0.07mg (4.92%), Folate: 18.08µg (4.52%), Vitamin A: 186.8IU (3.74%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.39%), Iron: 0.53mg (2.97%), Vitamin B3: 0.56mg (2.79%), Phosphorus: 14.75mg (1.47%), Fiber: 0.32g (1.28%), Vitamin E: 0.17mg (1.11%)