



Holiday Sugar Cookies

 Vegetarian

READY IN



32 min.

SERVINGS



20

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract pure
- ☐ 0.5 teaspoon baking soda
- ☐ 1 egg white
- ☐ 0.3 cup pasteurized egg whites
- ☐ 1.3 cups flour all-purpose plus more for rolling
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light

- ☐ 2 cups powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces butter unsalted softened
- ☐ 1.3 teaspoon vanilla extract pure
- ☐ 0.3 cup flour whole wheat

Equipment

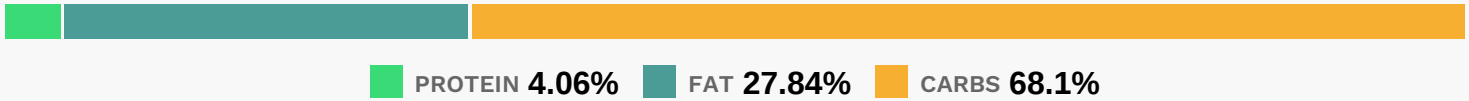
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ Preheat oven to 32
- ☐ Line 2 baking sheets with parchment paper and set aside.
- ☐ Whisk together flours, salt, and baking soda in a medium bowl.
- ☐ Beat butter and sugars together in a separate medium bowl with an electric mixer until light and fluffy. Scrape down sides and bottom of bowl. add egg white and extracts; beat until just combined. add flour mixture; stir until incorporated. Cover bowl with plastic wrap, and chill for at least 4 hours.
- ☐ Dust a work surface with flour. Turn out chilled dough directly onto work surface.
- ☐ Roll dough out to a 1/4-inch thickness. Use cookie cutters to cut shapes in dough, and gently transfer them to baking sheets. (You can reroll the scraps, just be sure to chill in between.)

- ☐ Bake cookies for 12 minutes or until set but not browned.
- ☐ Remove cookies from oven, and cool for 5 minutes.
- ☐ Transfer cookies to a wire rack to cool completely.
- ☐ Whisk together sugar, egg whites, and lemon juice in a large bowl until completely smooth. (If the icing is too thin, add a bit more sugar. If its too thick, add a few more drops of lemon juice.)
- ☐ Transfer icing to a pastry bag (or a resealable plastic bag with a small hole cut into one of the bottom corners). First, outline the cookie with icing, then fill it in, if desired.
- ☐ Let icing harden before serving. Cookies can be kept in an airtight container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:6.64, Inflammation Score:-1, Nutrition Score:1.9291304336942%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 150.97kcal (7.55%), Fat: 4.73g (7.28%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 25.67g (9.33%), Sugar: 18.73g (20.81%), Cholesterol: 12.19mg (4.06%), Sodium: 66.1mg (2.87%), Alcohol: 0.1g (100%), Alcohol %: 0.33% (100%), Protein: 1.55g (3.11%), Selenium: 4.68µg (6.68%), Manganese: 0.12mg (5.94%), Vitamin B1: 0.07mg (4.63%), Vitamin B2: 0.07mg (3.89%), Folate: 15.45µg (3.86%), Vitamin A: 141.86IU (2.84%), Vitamin B3: 0.55mg (2.74%), Iron: 0.46mg (2.54%), Phosphorus: 16.04mg (1.6%), Fiber: 0.37g (1.49%), Magnesium: 4.78mg (1.2%), Copper: 0.02mg (1.12%)