



Holiday Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 2.7 cups flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 4.5 tablespoons powdered egg whites (pasteurized powdered egg whites)
- ☐ 36 servings purple gel food coloring green red yellow assorted blue (No Taste)
- ☐ 1 cup brown sugar packed ()
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 teaspoon salt

- ☐ 1 cup butter unsalted room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 12 tablespoons water ()

Equipment

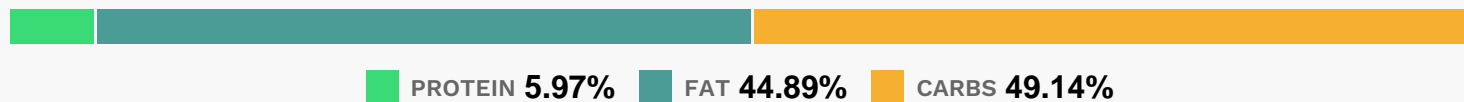
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula
- ☐ pastry bag
- ☐ offset spatula
- ☐ pastry brush
- ☐ drinking straws

Directions

- ☐ Using electric mixer, beat butter and sugar in large bowl until fluffy. Beat in egg and vanilla. Sift flour, baking powder, salt and nutmeg over; stir to blend well. Turn dough out onto lightly floured surface and knead gently 1 minute. Shape dough into 1/2-inch-thick rectangle.
- ☐ Cut into 4 equal pieces; wrap in plastic and refrigerate at least 3 hours and up to 1 day.
- ☐ Let dough soften slightly at room temperature before rolling out.
- ☐ Position rack in center of oven and preheat to 350°F. Butter large baking sheet. Working with 1 dough piece at a time, roll out dough on lightly floured surface to 1/8-inch thickness, lifting and turning dough often and dusting surface very lightly with flour to prevent sticking. Using floured 3- to 4-inch cutters, cut out cookies. Pull away excess dough from around cookies.
- ☐ Transfer cookies to prepared baking sheet, spacing 1 inch apart (cookies will not spread). If using cookies as hanging ornaments, push 1 end of drinking straw through dough near top of each cookie; lift straw, then remove small dough round from straw. Gently reroll dough scraps; cut out more cookies.

- ☐ Transfer to same sheet.
- ☐ Bake cookies until light brown, about 11 minutes.
- ☐ Let cool 5 minutes on sheet.
- ☐ Transfer cookies to rack; cool.
- ☐ Repeat with remaining dough pieces, baking 1 sheet of cookies at a time. Cool baking sheet completely and butter sheet lightly between batches.
- ☐ Whisk 9 cups sugar and powdered egg whites in large bowl to blend.
- ☐ Whisk in 12 tablespoons water. If necessary, whisk in more water by teaspoonfuls or more sugar by tablespoonfuls until frosting is medium-thick and very smooth.
- ☐ Place 1/2 cup frosting into each of 4 small bowls; mix colors using instructions in box on previous page. (Can be prepared 1 day ahead. Cover bowls and remaining frosting with plastic wrap to keep frosting from drying out. Store at room temperature.) Thin frosting in each bowl as needed by mixing in 1/4 teaspoon water at a time.
- ☐ Using pastry brush or small metal offset spatula, spread frosting on cookies; set cookies aside and let frosting dry, about 30 minutes.
- ☐ Cut off small tip from end of 1 disposable pastry bag (cut off slightly more if planning to insert metal tip). Fold down top 2 inches of bag, forming collar. Holding bag under collar and using small rubber spatula, fill bag with 1 color of frosting. Repeat with remaining pastry bags, filling each with 1 color of frosting. Pipe decorations onto frosted cookies in desired patterns and colors.
- ☐ Let cookies stand until decorations are firm and dry, at least 4 hours. (Can be prepared 3 days ahead.)
- ☐ Place cookies in single layer between sheets of waxed paper in airtight container; store at room temperature.)
- ☐ *Can be found in the baking-products section of most supermarkets
- ☐ **Wilton food colorings, disposable pastry bags and metal tips are available by mail from Jane's Cakes and Chocolates; call 800-262-7630.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:5.15, Inflammation Score:-2, Nutrition Score:1.8956521464431%

Nutrients (% of daily need)

Calories: 106.56kcal (5.33%), Fat: 5.35g (8.23%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 12.92g (4.7%), Sugar: 6.01g (6.68%), Cholesterol: 18.72mg (6.24%), Sodium: 55.3mg (2.4%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 1.6g (3.2%), Selenium: 4.33µg (6.18%), Vitamin B1: 0.07mg (4.91%), Folate: 17.96µg (4.49%), Vitamin B2: 0.07mg (3.94%), Manganese: 0.07mg (3.44%), Vitamin A: 165.1IU (3.3%), Iron: 0.51mg (2.85%), Vitamin B3: 0.56mg (2.81%), Phosphorus: 17.56mg (1.76%), Calcium: 15.82mg (1.58%), Vitamin E: 0.17mg (1.11%), Fiber: 0.26g (1.02%)