



Iced Sugar Cookies

READY IN



240 min.

SERVINGS



24

CALORIES



216 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2.5 cups cake flour for dusting plus more
- 3.8 cups box confectioners' sugar
- 1 large eggs
- 24 servings sift the flour
- 0.8 cup granulated sugar
- 2 tablespoons meringue powder
- 0.3 teaspoon salt
- 2 sticks butter unsalted at room temperature


- 1 teaspoon vanilla extract

Equipment

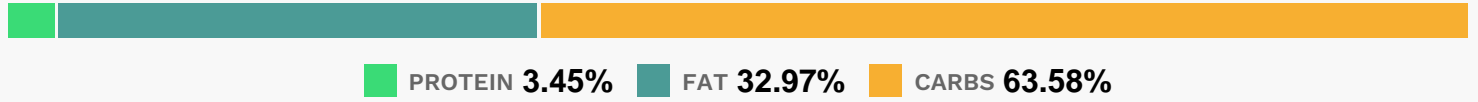
- bowl
- baking sheet
- baking paper
- oven
- blender
- plastic wrap
- cookie cutter

Directions

- Beat the butter and granulated sugar in a large bowl with a mixer on medium-high speed until light and fluffy, 3 to 5 minutes.
- Add the egg and vanilla and beat until incorporated. Reduce the mixer speed to low; add the flour mixture in 2 batches and beat until just incorporated. Divide the dough in half, wrap in plastic wrap and refrigerate until firm, at least 1 hour and up to 1 day.
- Line 2 baking sheets with parchment paper. Working with 1 piece of dough at a time, lightly dust the dough with flour and roll out between 2 pieces of parchment paper until about 1/8 inch thick. Refrigerate until slightly firm, about 15 minutes.
- Cut out shapes using 2-to-4-inch cookie cutters and transfer to the prepared baking sheets. Gather the scraps and refrigerate until firm; reroll once to cut out more cookies. Refrigerate the cutouts until firm, about 30 minutes.
- Position racks in the upper and lower thirds of the oven; preheat to 350 degrees F.
- Bake the cookies, switching the position of the pans halfway through, until just golden, 13 to 15 minutes.
- Let cool 5 minutes on the baking sheets, then transfer to racks to cool completely.
- Meanwhile, make the icing: Sift the confectioners' sugar and meringue powder into a large bowl. Beat in 6 tablespoons water with a mixer on medium speed until soft, glossy peaks form.
- Spread on the cookies and decorate with nonpareils.
- Let set, about 1 hour.

 Photograph by Johnny Miller

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:11.03, Inflammation Score:-1, Nutrition Score:2.4613043510396%

Nutrients (% of daily need)

Calories: 216.13kcal (10.81%), Fat: 8.07g (12.42%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 34.71g (12.62%), Sugar: 24.65g (27.39%), Cholesterol: 28mg (9.33%), Sodium: 258.6mg (11.24%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 1.9g (3.81%), Calcium: 132.98mg (13.3%), Selenium: 6.06µg (8.65%), Phosphorus: 66.5mg (6.65%), Manganese: 0.11mg (5.29%), Vitamin A: 246.83IU (4.94%), Iron: 0.41mg (2.27%), Vitamin E: 0.29mg (1.95%), Vitamin B2: 0.03mg (1.5%), Copper: 0.03mg (1.44%), Folate: 5.56µg (1.39%), Fiber: 0.32g (1.27%), Vitamin D: 0.18µg (1.22%), Magnesium: 4.3mg (1.07%)