



Iced Sugar Cookies

 Vegetarian

READY IN



192 min.

SERVINGS



40

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 cup butter
- ☐ 1 large eggs
- ☐ 4 teaspoons egg white powder
- ☐ 2 cups flour all-purpose
- ☐ 0.7 cup granulated sugar
- ☐ 1.5 cups powdered sugar
- ☐ 0.1 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 tablespoons water

Equipment

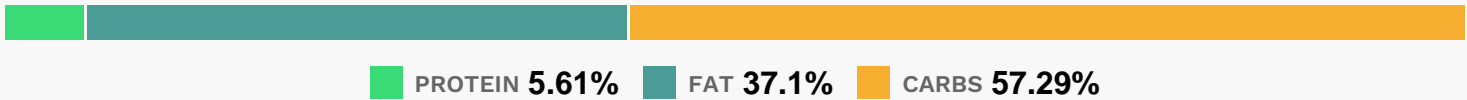
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ toothpicks
- ☐ measuring cup
- ☐ offset spatula

Directions

- ☐ Preheat oven to 35
- ☐ To prepare cookies, weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, 1/2 teaspoon salt, and baking powder, stirring with a whisk.
- ☐ Place butter and granulated sugar in a large bowl, and beat with a mixer at high speed until light and fluffy.
- ☐ Add egg, and beat until well blended. Beat in vanilla extract. Reduce mixer speed to low.
- ☐ Add the flour mixture to butter mixture; beat just until combined.
- ☐ Shape dough into a 4-inch round, and cover with plastic wrap. Chill for 1 hour.

- ☐ Roll dough to 1/4-inch thickness on a lightly floured surface.
- ☐ Cut out 40 (2 x 3-inch) cookies, rerolling scraps as necessary.
- ☐ Place cookies 1 inch apart on a baking sheet lined with parchment paper.
- ☐ Bake at 350 for 9 minutes or until lightly browned on bottoms. Cool on a wire rack.
- ☐ To prepare icing, combine powdered sugar, egg white powder, and 1/8 teaspoon salt, stirring well. Gradually add 2 tablespoons water, stirring constantly with a whisk until smooth. Decorate cookies as desired.
- ☐ Sprinkle with sugar, if desired.
- ☐ Let the cookies stand on a cooling rack until icing is completely dry (about 1 hour).
- ☐ VARIATION 1: Gingerbread Cookies
- ☐ Prepare Iced Sugar Cookies, increasing flour to 25 ounces (about 2 1/2 cups). Stir 1 tablespoon ground ginger, 1 teaspoon ground cinnamon, 1/2 teaspoon ground cloves, and 1/4 teaspoon ground allspice into flour mixture.
- ☐ Add 1/4 cup molasses to dough when vanilla is added. Halve icing recipe; decorate as desired. SERVES 40 (serving size: 1 cookie) CALORIES 91; FAT 7g (sat 2g); SODIUM 63mg
- ☐ Finishing flourishes don't require special equipment. First, flood cookies by spreading thin frosting with a small offset spatula to coat, if desired. Pipe thicker frosting from a zip-top bag to outline. Use a toothpick to make small dots of icing that act as glue for decorative details like sugar pearls.
- ☐ VARIATION 2: Pecan Cookies
- ☐ Prepare Iced Sugar Cookies, decreasing the butter to 10 tablespoons. Stir 3/4 cup chopped, toasted pecans into dough. Omit icing. Dust cooled cookies with 1/3 cup powdered sugar. SERVES 40 (serving size: 1 cookie) CALORIES 82; FAT 5g (sat 2g); SODIUM 54mg
- ☐ Dust cookies with a bit of powdered sugar for a finishing touch that's not too sweet.
- ☐ Place sugar in a fine sieve, and shake it over cooled cookies.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:5.79, Inflammation Score:-1, Nutrition Score:1.2504347698844%

Nutrients (% of daily need)

Calories: 87.72kcal (4.39%), Fat: 3.64g (5.6%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 12.49g (4.54%), Sugar: 7.8g (8.66%), Cholesterol: 13.8mg (4.6%), Sodium: 74.74mg (3.25%), Alcohol: 0.05g (100%), Alcohol %: 0.31% (100%), Protein: 1.24g (2.48%), Selenium: 3.21µg (4.58%), Vitamin B1: 0.05mg (3.32%), Vitamin B2: 0.05mg (3.07%), Folate: 12.24µg (3.06%), Vitamin A: 113.11IU (2.26%), Manganese: 0.04mg (2.19%), Vitamin B3: 0.38mg (1.88%), Iron: 0.32mg (1.78%), Phosphorus: 11.35mg (1.14%)