



## John's Amish Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



134 kcal

DESSERT

### Ingredients

- ☐ 0.5 tsp baking soda
- ☐ 4 tablespoons butter
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.5 c cornstarch
- ☐ 0.5 tsp cream of tartar
- ☐ 1 large eggs
- ☐ 8 oz flour all-purpose for fatter & whiter
- ☐ 0.5 cup granulated sugar

- ☐ 1.8 cups powdered sugar
- ☐ 1 pinch salt if using butter unsalted
- ☐ 0.5 teaspoon vanilla plus any other flavorings you like (almond, orange)
- ☐ 0.5 tsp vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoons milk whole
- ☐ 0.5 cup use plus unsalted salted

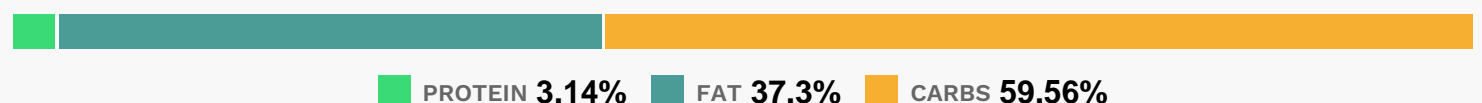
## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ muffin tray

## Directions

- ☐ Preheat oven to 375 degrees F. Cream the sugar, confectioners sugar, butter and oil. Reduce speed of mixer and beat in the egg. In a separate bowl, thoroughly stir together flour, cornstarch, baking soda, cream of tartar and vanilla. Gradually add flour mixture to butter mixture. Batter should be too soft to roll, but thicker than actual batter. You can bake the cookies immediately or chill the dough until you're ready. Chilled dough is easier to work with. When ready to bake, scoop up tablespoons of dough and shape into 1 inch (ish) balls.
- ☐ Place each ball in a cupcake wrapper lined muffin tin and bake for 10-12 minutes or until cookies appear done.
- ☐ Let cool completely. The cookies are very tender, so I froze mine before icing. Ice the frozen cookies. Keep in a covered container. Makes about 2 ½ dozen cookies\*\*Margarine works too, and the ingredient list on the original Lofthouse cookies includes margarine.

## Nutrition Facts



## Properties

Glycemic Index:9.44, Glycemic Load:6.51, Inflammation Score:-1, Nutrition Score:1.5421739039214%

Nutrients (% of daily need)

Calories: 133.87kcal (6.69%), Fat: 5.6g (8.61%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 19.88g (7.23%), Sugar: 12.2g (13.56%), Cholesterol: 18.48mg (6.16%), Sodium: 60.46mg (2.63%), Alcohol: 0.05g (100%), Alcohol %: 0.18% (100%), Protein: 1.06g (2.12%), Selenium: 3.27µg (4.68%), Vitamin B1: 0.06mg (4.04%), Folate: 14.79µg (3.7%), Vitamin A: 151.84IU (3.04%), Vitamin B2: 0.05mg (2.94%), Manganese: 0.05mg (2.7%), Vitamin B3: 0.45mg (2.26%), Iron: 0.4mg (2.22%), Vitamin K: 1.76µg (1.68%), Vitamin E: 0.21mg (1.42%), Phosphorus: 13.62mg (1.36%)