



## Lattice Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

DESSERT

## Ingredients

- ☐ 4 oz butter cold cut into chunks
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 1 teaspoon vanilla

## Equipment

- ☐ food processor


- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ spatula
- ☐ rolling pin
- ☐ pastry cutter

## Directions

- ☐ In a food processor or bowl, combine flour, 1/4 cup sugar, and salt.
- ☐ Add butter and whirl or cut in with a pastry cutter until fine crumbs form. In a small bowl, beat egg with vanilla to blend.
- ☐ Add to flour mixture and whirl or mix with a fork until dough is evenly moistened and starts to clump together. Press into a ball, then divide in half.
- ☐ On a 12- by 15-inch piece of plastic wrap, using your hands, roll one dough half into a 6-inch-long log; cover with another piece of plastic wrap. With a rolling pin, roll log into an even, 1/4-inch-thick rectangle about 6 inches wide and 9 inches long (edges can be ragged). Repeat to roll remaining dough half.
- ☐ Transfer each rectangle to a 14- by 17-inch baking sheet and chill until firm, 15 to 20 minutes.
- ☐ Working with one rectangle at a time (keep other chilled), transfer to a board. Pull off top sheet of plastic wrap and cut dough crosswise into 16 strips about 1/2 inch wide and 6 inches long. On a 14- by 17-inch baking sheet lined with cooking parchment, or a buttered nonstick baking sheet, arrange four strips in a tic-tac-toe pattern: two parallel, then two over the top, perpendicular to the first, about 1 inch apart. Press lightly where strips cross. Repeat to shape remaining cookies, spacing at least 1/2 inch apart on baking sheets (you'll need two).
- ☐ Sprinkle with 2 to 3 tablespoons sugar.
- ☐ Bake cookies in a 325 regular or convection oven until lightly browned at edges, 20 to 25 minutes; switch sheet positions halfway through baking.
- ☐ Transfer sheets to racks to cool. With a wide spatula, gently loosen cookies.

## Nutrition Facts



 PROTEIN **5.75%**  FAT **47.56%**  CARBS **46.69%**

Properties

Glycemic Index:18.14, Glycemic Load:19.22, Inflammation Score:-5, Nutrition Score:4.4639129916449%

Nutrients (% of daily need)

Calories: 232.26kcal (11.61%), Fat: 12.26g (18.87%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 26.45g (9.62%), Sugar: 9.13g (10.15%), Cholesterol: 23.25mg (7.75%), Sodium: 179.48mg (7.8%), Alcohol: 0.17g (100%), Alcohol %: 0.41% (100%), Protein: 3.34g (6.67%), Selenium: 9.92µg (14.17%), Vitamin B1: 0.19mg (12.53%), Folate: 45.97µg (11.49%), Vitamin A: 540.78IU (10.82%), Vitamin B2: 0.15mg (8.93%), Manganese: 0.16mg (8.16%), Vitamin B3: 1.39mg (6.97%), Iron: 1.2mg (6.68%), Phosphorus: 40.98mg (4.1%), Vitamin E: 0.52mg (3.46%), Fiber: 0.63g (2.53%), Vitamin B5: 0.21mg (2.11%), Copper: 0.04mg (1.96%), Zinc: 0.25mg (1.64%), Magnesium: 6.39mg (1.6%), Vitamin B12: 0.07µg (1.16%), Potassium: 40.58mg (1.16%), Calcium: 11.44mg (1.14%), Vitamin B6: 0.02mg (1.12%)