



## Mary's Sugar Cookies

 Vegetarian

READY IN



145 min.

SERVINGS



60

CALORIES



62 kcal

DESSERT

### Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon baking soda
- 1 cup butter softened
- 1.5 cups powdered sugar sifted
- 1 teaspoon cream of tartar
- 1 eggs
- 2.5 cups flour all-purpose
- 0.3 cup granulated sugar for decoration

1 teaspoon vanilla extract

## Equipment

bowl

baking sheet

oven

wire rack

cookie cutter

## Directions

In a large bowl, cream together the butter and confectioners' sugar until smooth. Beat in the egg and stir in the vanilla and almond extract.

Combine the flour, baking soda and cream of tartar; blend into the creamed mixture. Cover and chill for at least two hours.

Preheat the oven to 375 degrees F (190 degrees C). Divide the dough into two parts. On a lightly floured surface, roll each piece of the dough out to 3/16 inch in thickness.

Cut into desired shapes with cookie cutters.

Place cookies 1 1/2 inches apart onto greased cookie sheets.

Sprinkle cookies with plain or colored granulated sugar.

Bake for 8 minutes in the preheated oven, until lightly browned. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



**PROTEIN 4.22%** **FAT 45.76%** **CARBS 50.02%**

## Properties

Glycemic Index:3.25, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:0.94434783283783%

## Nutrients (% of daily need)

Calories: 62.43kcal (3.12%), Fat: 3.19g (4.91%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.71g (2.8%), Sugar: 3.8g (4.22%), Cholesterol: 10.86mg (3.62%), Sodium: 43.82mg (1.91%), Alcohol:

0.03g (100%), Alcohol %: 0.32% (100%), Protein: 0.66g (1.33%), Selenium: 2.05µg (2.93%), Vitamin B1: 0.04mg (2.76%), Folate: 9.99µg (2.5%), Vitamin A: 98.51IU (1.97%), Vitamin B2: 0.03mg (1.83%), Manganese: 0.04mg (1.81%), Vitamin B3: 0.31mg (1.55%), Iron: 0.26mg (1.44%)