



Melt-in-Your-Mouth Iced Sugar Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



261 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup butter softened
- 1 teaspoon cream of tartar
- 1 large eggs
- 3 cups flour all-purpose
- 42 servings colors paste food coloring assorted
- 42 servings royal icing
- 0.5 teaspoon salt
- 42 servings decorator sprinkles

- 1.5 cups sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- hand mixer
- cookie cutter

Directions

- Beat butter at medium speed of an electric mixer 2 minutes or until creamy. Gradually add sugar, beating well.
- Add egg, and beat well.
- Combine flour and next 3 ingredients.
- Add to butter mixture, beating at low speed just until blended. Stir in vanilla.
- Roll dough to 1/4" thickness on a lightly floured surface.
- Cut with decorative 3" cookie cutters.
- Place 1" apart on ungreased cookie sheets.
- Bake at 350 for 9 minutes. Cool completely on wire racks.
- Spoon about 2/3 cup white Royal Icing into a decorating bag fitted with decorating tip #3 (small round tip). Pipe white icing to outline cookies and to outline detail desired inside cookies.
- Divide remaining Royal Icing into a separate bowl for each color desired; color as desired with paste food coloring. Slowly stir just enough water into each bowl of icing to make "flow-in icing" that is still thick but flows into a smooth surface after stirring. (
- Add water a little at a time; if flow-in icing is too watery, it may not dry properly and may run under outline into another color area.)
- Fill decorating bags (using no tips) about half full of flow-in icing. Snip off small tip of cone. Pipe desired colors of icing to cover areas between the Royal Icing outline; spread icing into corners and hard-to-reach areas using a wooden pick, as necessary.

- Add flow-in icing 1 color at a time, allowing icing to dry before changing colors. Avoid using excess icing, or it will spill over into another color area. If air bubbles form in icing, use a sterilized straight pin to remove them. Decorate with assorted candies and decorator sprinkles while icing is still wet.

Nutrition Facts

PROTEIN 1.71% **FAT 33.31%** **CARBS 64.98%**

Properties

Glycemic Index:5.67, Glycemic Load:18.09, Inflammation Score:-1, Nutrition Score:2.1730434661326%

Nutrients (% of daily need)

Calories: 260.53kcal (13.03%), Fat: 9.66g (14.87%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 42.18g (15.34%), Sugar: 33.95g (37.72%), Cholesterol: 16.05mg (5.35%), Sodium: 128.98mg (5.61%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 1.12g (2.24%), Vitamin B2: 0.14mg (8.09%), Selenium: 3.52µg (5.02%), Vitamin B1: 0.07mg (4.91%), Folate: 19.3µg (4.83%), Vitamin K: 4.05µg (3.86%), Vitamin E: 0.57mg (3.81%), Manganese: 0.06mg (3.11%), Vitamin B3: 0.59mg (2.96%), Vitamin A: 141.49IU (2.83%), Iron: 0.49mg (2.71%), Phosphorus: 18.35mg (1.84%)