

Mom's Sugar Cookies

Vegetarian







DESSERT

Ingredients

0.5 teaspoon almond extract
1 teaspoon baking soda
1 cup butter softened
1.5 cups confectioners' sugar
1 teaspoon cream of tartar
1 eggs
2.5 cups flour all-purpose

1 teaspoon vanilla extract pure

Equipment		
	bowl	
	baking sheet	
	oven	
	plastic wrap	
	hand mixer	
	cookie cutter	
Directions		
	Beat butter, egg, vanilla extract, and almond extract together in a bowl using an electric mixer until smooth.	
	Add confectioners' sugar and beat until incorporated.	
	Mix flour, baking soda, and cream of tartar into butter mixture until dough sticks together. Cover bowl with plastic wrap and refrigerate for at least 3 hours.	
	Preheat oven to 375 degrees F (190 degrees C). Lightly grease baking sheets.	
	Cut dough into quarters and roll each quarter onto a floured work surface to almost 1/4-inch thickness.	
	Cut dough into shapes using cookie cutters and arrange on the prepared baking sheets.	
	Bake each batch in the preheated oven until edges start to brown, about 8 minutes.	
Nutrition Facts		
	PROTEIN 4.46% FAT 48.3% CARBS 47.24%	

Properties

Glycemic Index: 2.08, Glycemic Load: 2.88, Inflammation Score: -1, Nutrition Score: 0.94347826780184%

Nutrients (% of daily need)

Calories: 59.22kcal (2.96%), Fat: 3.19g (4.91%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.88g (2.5%), Sugar: 2.97g (3.3%), Cholesterol: 10.86mg (3.62%), Sodium: 43.81mg (1.9%), Alcohol: 0.03g (100%), Alcohol %: 0.34% (100%), Protein: 0.66g (1.33%), Selenium: 2.05µg (2.92%), Vitamin B1: 0.04mg

(2.76%), Folate: $9.99\mu g$ (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%)