



My Favorite Christmas Cookies

 Gluten Free

READY IN



155 min.

SERVINGS



24

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 2 tablespoons pasteurized egg whites
- ☐ 1 large egg yolk
- ☐ 2 drops food coloring
- ☐ 0.8 cups granulated sugar
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup milk

- ☐ 4 teaspoons milk
- ☐ 2 pound powdered sugar
- ☐ 0.3 teaspoon salt fine
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.7 cups vegetable shortening

Equipment

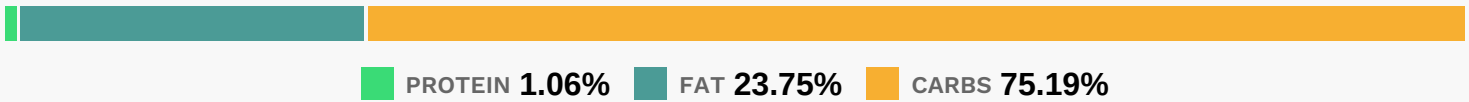
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter
- ☐ stand mixer
- ☐ pastry bag

Directions

- ☐ For the cookies: Using a stand mixer, cream the shortening, granulated sugar, orange peel and vanilla thoroughly, about 2 minutes.
- ☐ Add in the egg and beat until light and fluffy, about 1 more minute.
- ☐ Add in the milk and mix.
- ☐ Sift the flour, baking powder and salt together, and then blend into the cream mixture. Divide the dough in half (thirds if you double your recipe), slightly flatten between 2 sheets of waxed paper and refrigerate for 1 hour (or freeze for 20 minutes).
- ☐ Roll out the dough 1/4-inch thick on a lightly floured surface and cut into shapes with a cookie cutter.
- ☐ Transfer the shapes to lightly greased cookie sheets and chill until firm, about 30 minutes.
- ☐ For the egg yolk glaze: Preheat the oven to 375 degrees F. While the dough is chilling, combine the egg yolk, 1 teaspoon water and food coloring. Paint the cookies (with a soft brush) with the egg yolk glaze.
- ☐ Bake the cookies for 6 to 7 minutes. Do not allow the cookies to brown. The cookies will be slightly puffed and the glaze will look crackled.

- ☐ Bake in 2 batches if you don't reroll the scraps.
- ☐ For the decorative white icing: While the cookies are baking, mix the powdered sugar, milk and egg whites. Make sure that it is thick and somewhat retains its shape.
- ☐ Remove the cookies from the oven to a wire rack to cool completely, about 30 minutes.
- ☐ Then, using a pastry bag or zip-top bag, pipe the cookies with the white icing to decorate.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:4.49, Inflammation Score:1, Nutrition Score:0.87695652457035%

Nutrients (% of daily need)

Calories: 229.76kcal (11.49%), Fat: 6.21g (9.55%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 44.24g (16.09%), Sugar: 43.4g (48.22%), Cholesterol: 15.81mg (5.27%), Sodium: 58.41mg (2.54%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 0.62g (1.24%), Vitamin K: 3.05µg (2.91%), Vitamin E: 0.39mg (2.61%), Selenium: 1.61µg (2.3%), Calcium: 21.59mg (2.16%), Vitamin B2: 0.03mg (1.87%), Phosphorus: 15.97mg (1.6%), Vitamin B5: 0.11mg (1.07%)