



My Favorite Sugar Cookies

READY IN



45 min.

SERVINGS



72

CALORIES



56 kcal

DESSERT

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

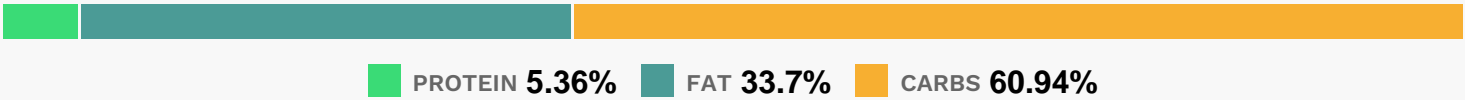
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Mix first 8 ingredients in a large bowl at medium speed until well mixed.
- ☐ Shape dough into a ball and wrap with waxed paper. Refrigerate 2 to 3 hours until easy to handle.
- ☐ Preheat oven to 400 degrees F. Lightly grease cookie sheets.
- ☐ Roll out half of the dough at a time on a lightly floured surface. Keep the remaining dough refrigerated. For crisp cookies, roll paper thin. For softer cookies, roll 1/8 to 1/4 inch thick.
- ☐ With floured cookie cutters, cut dough into various shapes. Re-roll dough trimmings and continue to cut shapes.
- ☐ Place cookies 1/2 inch apart on greased cookie sheets. To glaze, brush tops of cookies with heavy or whipping cream or with an egg white slightly beaten with 1 tablespoon of water.
- ☐ Sprinkle cookies with your choice of toppings; bake 8 minutes or until very light brown.
- ☐ Remove cookies and cool completely.

Nutrition Facts



Properties

Glycemic Index:3.82, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:1.0426086887069%

Nutrients (% of daily need)

Calories: 55.59kcal (2.78%), Fat: 2.1g (3.23%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 8.38g (3.05%), Sugar: 4.21g (4.67%), Cholesterol: 4.6mg (1.53%), Sodium: 33mg (1.43%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Protein: 0.75g (1.5%), Selenium: 2.32µg (3.32%), Vitamin B1: 0.05mg (3.03%), Folate: 10.9µg (2.72%), Vitamin B2: 0.03mg (2.05%), Manganese: 0.04mg (1.96%), Iron: 0.3mg (1.68%),

Vitamin B3: 0.33mg (1.67%), Phosphorus: 11.98mg (1.2%), Calcium: 10.28mg (1.03%)