



Norwegian Butter Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



72

CALORIES



68 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon double-acting baking powder
- 1 large eggs lightly beaten
- 3.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup sugar
- 1.5 cups butter unsalted softened
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- hand mixer
- spatula

Directions

- Preheat oven to 350°F.
- Sift together flour, baking powder, and salt.
- Beat together butter, sugar, and extracts in a large bowl with an electric mixer at moderately high speed until pale and fluffy, about 3 minutes.
- Add egg and beat well.
- Add flour mixture and mix at low speed until just combined.
- Quarter dough and put 1 piece into cookie press. Holding press slightly above ungreased baking sheets, squeeze out dough to form cookies (follow manufacturer's instructions), spacing them about 3 inches apart. Form more cookies with remaining dough in same manner.
- Bake cookies in batches in middle of oven until edges are golden, 10 to 15 minutes, then transfer with a metal spatula to racks to cool.
- If you don't have a cookie press, you can form dough into 1 1/2-inch balls, then flatten to 1/3 to 1/2 inch thick with back of a fork, making a crosshatch design on top of cookies.· Cookies keep in an airtight container at room temperature 3 weeks.* Available at cookware shops and Williams-Sonoma (800-541-1262).

Nutrition Facts

  

 PROTEIN **4.41%**  FAT **52.17%**  CARBS **43.42%**

Properties

Glycemic Index:3.29, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:1.1169565164525%

Nutrients (% of daily need)

Calories: 68.05kcal (3.4%), Fat: 3.97g (6.11%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 7.27g (2.64%), Sugar: 2.81g (3.12%), Cholesterol: 12.75mg (4.25%), Sodium: 20.76mg (0.9%), Alcohol: 0.04g (100%), Alcohol %: 0.34% (100%), Protein: 0.76g (1.51%), Selenium: 2.34µg (3.34%), Vitamin B1: 0.05mg (3.22%), Folate: 11.59µg (2.9%), Vitamin A: 121.93IU (2.44%), Manganese: 0.04mg (2.11%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.36mg (1.81%), Iron: 0.3mg (1.67%)