



Old Fashioned Butter Cookies with Butter Frosting

 Vegetarian

READY IN



185 min.

SERVINGS



72

CALORIES



93 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 6 cups confectioners' sugar as needed
- ☐ 1 eggs
- ☐ 9 tablespoons evaporated milk as needed
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon salt

- ☐ 1.5 tablespoons vanilla extract
- ☐ 0.8 cup sugar white
- ☐ 2 tablespoons milk whole

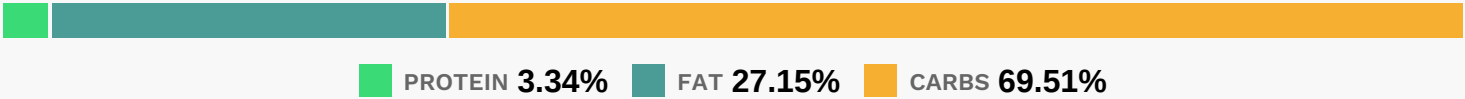
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ cookie cutter
- ☐ kitchen towels

Directions

- ☐ Beat 1 cup softened butter with white sugar in a large bowl until creamy. Beat egg, whole milk, and 1 1/2 teaspoons vanilla extract into butter mixture until smooth.
- ☐ Whisk flour, baking powder, and salt in a separate bowl and gradually stir dry ingredients into moist ingredients to make a smooth dough. Chill dough in refrigerator for 2 to 3 hours.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Dust a pastry cloth or kitchen towel generously with flour.
- ☐ Divide dough into thirds and roll each third out 1/8-inch thick on the prepared pastry cloth.
- ☐ Cut shapes out of the rolled dough with cookie cutters.
- ☐ Place cookies onto ungreased baking sheets.
- ☐ Bake in the preheated oven until cookies are barely browned, 5 to 8 minutes.
- ☐ Let cookies cool on baking sheets for 5 minutes before removing to finish cooling on a wire rack.
- ☐ Beat 1 cup softened butter, 3 cups confectioners' sugar, 1 1/2 tablespoons vanilla extract, and evaporated milk in a bowl until smooth. Gradually stir 6 cups confectioners' sugar into mixture until combined. Beat frosting hard until fluffy; stir in additional evaporated milk or confectioners' sugar if needed to reach desired consistency. Frost cooled cookies.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:1.0413043473078%

Nutrients (% of daily need)

Calories: 92.95kcal (4.65%), Fat: 2.83g (4.35%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 16.15g (5.87%), Sugar: 12.12g (13.47%), Cholesterol: 9.65mg (3.22%), Sodium: 45.67mg (1.99%), Alcohol: 0.09g (100%), Alcohol %: 0.5% (100%), Protein: 0.78g (1.57%), Selenium: 2.11µg (3.01%), Vitamin B1: 0.04mg (2.83%), Folate: 10.06µg (2.52%), Vitamin B2: 0.04mg (2.27%), Manganese: 0.04mg (1.85%), Vitamin A: 87.24IU (1.74%), Vitamin B3: 0.31mg (1.57%), Iron: 0.27mg (1.5%), Phosphorus: 13.05mg (1.31%), Calcium: 10.71mg (1.07%)