



Old-Fashioned Sugar Cookies

 Vegetarian

READY IN



69 min.

SERVINGS



36

CALORIES



71 kcal

DESSERT

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.3 cup canola oil
- 1 large eggs
- 1.8 cups flour all-purpose
- 0.5 teaspoon kosher salt
- 1 tablespoon milk 2% reduced-fat
- 1 cup sugar divided
- 0.3 cup butter unsalted softened

2 teaspoons vanilla extract

Equipment

bowl

frying pan

baking sheet

oven

knife

wire rack

blender

measuring cup

Directions

Place first 3 ingredients (through oil) and 2/3 cup sugar in a large bowl; beat with a mixer at medium speed until well blended.

Add milk, vanilla, and egg. Beat until blended.

Weigh or lightly spoon flour into dry measuring cups; level with a knife.

Combine flour, baking powder, and salt; gradually add to sugar mixture, beating until well blended. Cover and chill 30 minutes.

Preheat oven to 35

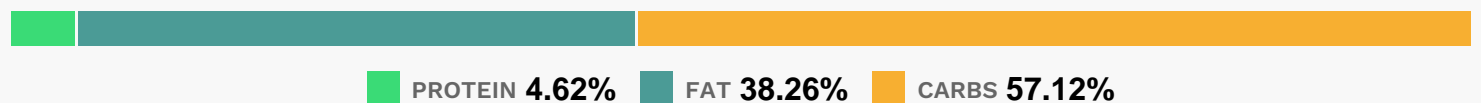
Place 1/3 cup sugar in a small bowl. Shape dough into 36 (1-inch) balls.

Roll balls in sugar, and place 1 1/2 inches apart on large baking sheets coated with cooking spray. Flatten cookies slightly with bottom of a glass.

Bake at 350 for 9 minutes or until set in center. Cool on pan 2 minutes.

Remove from pan; cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:7.25, Inflammation Score:-1, Nutrition Score:1.2091304426608%

Nutrients (% of daily need)

Calories: 71.44kcal (3.57%), Fat: 3.05g (4.7%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 10.09g (3.67%), Sugar: 5.62g (6.24%), Cholesterol: 8.59mg (2.86%), Sodium: 43.67mg (1.9%), Alcohol: 0.08g (100%), Alcohol %: 0.57% (100%), Protein: 0.83g (1.66%), Selenium: 2.55µg (3.64%), Vitamin B1: 0.05mg (3.23%), Folate: 11.84µg (2.96%), Vitamin B2: 0.04mg (2.29%), Vitamin E: 0.33mg (2.18%), Manganese: 0.04mg (2.14%), Vitamin B3: 0.36mg (1.81%), Iron: 0.32mg (1.77%), Phosphorus: 11.91mg (1.19%), Vitamin K: 1.24µg (1.18%)