

Old Fashioned Sugar Cookies in a Jar

 Vegetarian

READY IN



15 min.

SERVINGS



24

CALORIES



179 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 teaspoon lemon extract
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 1.5 cups sugar white

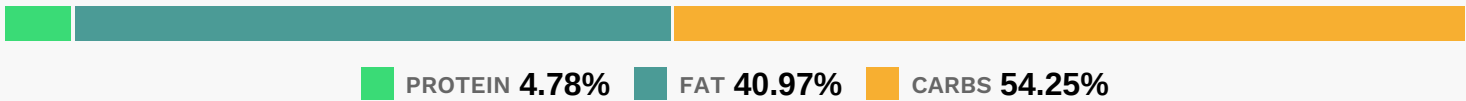
Equipment

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

Directions

- ☐ Empty the contents of the jar into a large bowl.
- ☐ Cut in 1 cup of softened butter until the mixture is crumbly. In a separate bowl, beat 2 eggs, 1 teaspoon vanilla and 1/2 teaspoon of lemon extract until light and fluffy.
- ☐ Pour into the dry ingredients and mix until well blended. Cover bowl and chill for 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll the dough out to 1/4 inch in thickness.
- ☐ Cut into desired shapes with cookie cutters.
- ☐ Place cookies 1 1/2 inches apart onto cookie sheets.
- ☐ Bake for 10 to 12 minutes in the preheated oven, until edges begin to brown. You can decorate them with sugar before baking or frost after baking.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:17.4, Inflammation Score:-2, Nutrition Score:2.9247826389644%

Nutrients (% of daily need)

Calories: 178.63kcal (8.93%), Fat: 8.21g (12.63%), Saturated Fat: 5g (31.25%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 24.05g (8.75%), Sugar: 12.56g (13.95%), Cholesterol: 33.98mg (11.33%), Sodium: 141.85mg (6.17%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 2.16g (4.31%), Selenium: 6.59µg (9.42%), Vitamin B1: 0.12mg (8.31%), Folate: 30.6µg (7.65%), Vitamin B2: 0.1mg (5.86%), Manganese: 0.11mg (5.43%), Vitamin A: 256.16IU (5.12%), Vitamin B3: 0.93mg (4.65%), Iron: 0.82mg (4.53%), Phosphorus: 30.07mg (3.01%), Vitamin E: 0.27mg

(1.78%), Fiber: 0.42g (1.69%), Calcium: 16.61mg (1.66%), Vitamin B5: 0.14mg (1.35%), Copper: 0.03mg (1.31%), Zinc: 0.17mg (1.11%), Magnesium: 4.13mg (1.03%)