



Serious Cookies: All-Purpose Cutout Cookies

READY IN



45 min.

SERVINGS



42

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 ounces brown sugar packed
- ☐ 8 tablespoons butter (1 stick, 4 ounces)
- ☐ 1 large eggs
- ☐ 3.5 ounces granulated sugar
- ☐ 2 ounces rice flour white
- ☐ 0.5 teaspoon salt
- ☐ 10.5 ounces flour all-purpose
- ☐ 2 teaspoons vanilla extract

☐ 3.5 ounces shortening

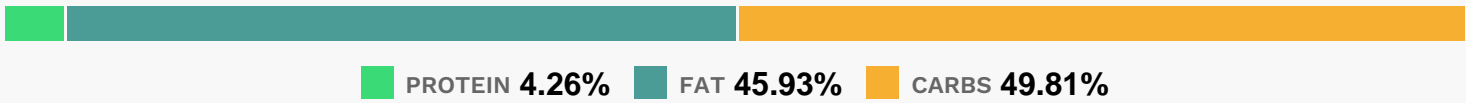
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ In a large bowl, beat together the shortening, butter, sugars, salt, baking powder, and vanilla. When well blended, add the egg, beating until fluffy.
- ☐ Whisk the flours and/or cornstarch and stir in.
- ☐ Divide the dough in half, form into disks, wrap well, and refrigerate for 30 minutes. Meanwhile, preheat the oven to 350°F.
- ☐ Remove the chilled dough from the refrigerator and roll it 1/8 inch thick on a lightly floured surface.
- ☐ Cut with cookie or biscuit cutters, place the cookies on lightly greased or parchment-lined baking sheets, and bake them for 8 to 10 minutes, until they're very lightly browned on the edges.
- ☐ Remove them from the oven and cool on racks.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:6.3, Inflammation Score:-1, Nutrition Score:1.4721739084824%

Nutrients (% of daily need)

Calories: 92.4kcal (4.62%), Fat: 4.73g (7.28%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.33g (4.12%), Sugar: 5.03g (5.59%), Cholesterol: 10.16mg (3.39%), Sodium: 57.65mg (2.51%), Alcohol: 0.07g (100%), Alcohol %: 0.41% (100%), Protein: 0.99g (1.98%), Selenium: 3.05µg (4.35%), Vitamin B1: 0.06mg (3.91%), Folate: 13.69µg (3.42%), Manganese: 0.07mg (3.36%), Vitamin B2: 0.04mg (2.49%), Vitamin B3:

0.46mg (2.3%), Iron: 0.39mg (2.16%), Vitamin E: 0.22mg (1.5%), Vitamin A: 73.07IU (1.46%), Phosphorus: 14.18mg (1.42%), Vitamin K: 1.47µg (1.4%), Calcium: 10.43mg (1.04%)