



Shelbi's Butter Cookies

 Vegetarian

READY IN



178 min.

SERVINGS



24

CALORIES



231 kcal

DESSERT

Ingredients

- 2 large eggs
- 3.5 cups flour all-purpose plus more for work surface
- 0.3 teaspoon ground cinnamon
- 0.8 teaspoon salt
- 1.3 cups sugar sifted
- 3.5 sticks butter unsalted softened
- 1 teaspoon vanilla extract

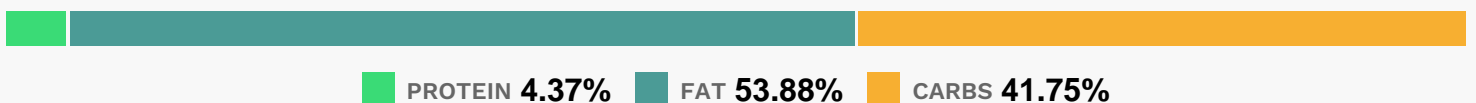
Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- spatula
- rolling pin
- cutting board

Directions

- Watch how to make this recipe.
- Sift together flour and salt into a bowl.
- In the bowl of a standing mixer, add the butter and mix on medium-high until fluffy and light.
- Add the sugar and the eggs, 1 at a time, until and mix until combined.
- Add vanilla and cinnamon. Reduce the speed to low and gradually add the flour to the butter, sugar, egg mixture.
- Mix until batter looks smooth.
- Place dough onto a flowered cutting board and cut the dough into quarters, flatten and wrap with the plastic. Chill in the refrigerator for 2 1/2 hours.
- Preheat oven to 350 degrees F.
- With a rolling pin covered in flour, roll out dough quarters 1 at a time, on a floured work surface to 1/4 to 1/8-inch thick. Use a variety of cutters to cut out cookies.
- Transfer to a baking sheet lined with parchment and space cookies about 1 1/2-inches apart.
- Bake cookies until they are golden brown, about 8 minutes. Using a using a spatula, transfer cookies to a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:17.34, Inflammation Score:-3, Nutrition Score:3.6213043124779%

Nutrients (% of daily need)

Calories: 231.1kcal (11.56%), Fat: 13.97g (21.5%), Saturated Fat: 8.62g (53.9%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 23.86g (8.68%), Sugar: 10.49g (11.66%), Cholesterol: 50.93mg (16.98%), Sodium: 80.89mg (3.52%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.55g (5.1%), Selenium: 7.69µg (10.98%), Vitamin B1: 0.15mg (9.71%), Folate: 35.81µg (8.95%), Vitamin A: 434.38IU (8.69%), Vitamin B2: 0.12mg (6.87%), Manganese: 0.13mg (6.54%), Vitamin B3: 1.09mg (5.44%), Iron: 0.93mg (5.17%), Phosphorus: 31.92mg (3.19%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.33µg (2.2%), Fiber: 0.5g (2.01%), Copper: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.2mg (1.32%), Magnesium: 4.87mg (1.22%), Vitamin K: 1.23µg (1.17%), Vitamin B12: 0.07µg (1.08%)