

Smooth Sailing Sugar Cookies

 Vegetarian

READY IN



35 min.

SERVINGS



24

CALORIES



172 kcal

DESSERT

Ingredients

- 0.5 teaspoon almond extract
- 1 teaspoon double-acting baking powder
- 1 cup butter softened
- 1 cup powdered sugar
- 1 eggs
- 3 cups flour all-purpose
- 24 servings purple gel food coloring
- 1 tablespoons milk

- 0.3 teaspoon salt
- 0.8 cup sugar
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- baking sheet
- oven
- cookie cutter

Directions

- In a large bowl, cream butter and sugar until smooth. Beat in the egg, milk and vanilla.
- Combine flour, baking powder and salt; gradually add to the creamed mixture. Cover and refrigerate for 1 hour or until easy to handle.
- On a lightly floured surface, roll out dough to 1/8-in. thickness.
- Cut with cookie cutters of your choice.
- Place 2 in. apart on greased baking sheets.
- Bake at 375° for 5–8 minutes or until lightly browned.
- Remove to wire racks to cool.
- In a small bowl, combine the confectioners' sugar, extract, salt and enough milk to achieve spreading consistency.
- Add food coloring if desired. Frost cookies; decorate as desired.

Nutrition Facts



PROTEIN 4.49% **FAT 41.76%** **CARBS 53.75%**

Properties

Glycemic Index:13.55, Glycemic Load:13.05, Inflammation Score:-2, Nutrition Score:2.7782608620498%

Nutrients (% of daily need)

Calories: 172.25kcal (8.61%), Fat: 8.04g (12.37%), Saturated Fat: 4.95g (30.97%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 22.85g (8.31%), Sugar: 11.25g (12.5%), Cholesterol: 27.23mg (9.08%), Sodium: 106.05mg (4.61%), Alcohol: 0.11g (100%), Alcohol %: 0.36% (100%), Protein: 1.95g (3.89%), Selenium: 6.03µg (8.62%), Vitamin B1: 0.12mg (8.28%), Folate: 29.74µg (7.43%), Manganese: 0.11mg (5.42%), Vitamin B2: 0.09mg (5.42%), Vitamin A: 247.28IU (4.95%), Vitamin B3: 0.93mg (4.65%), Iron: 0.78mg (4.36%), Phosphorus: 27.08mg (2.71%), Fiber: 0.42g (1.69%), Vitamin E: 0.25mg (1.66%), Calcium: 16.37mg (1.64%), Copper: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.09%)