

# Soft Sugar Cookies

 Vegetarian

READY IN



40 min.

SERVINGS



36

CALORIES



96 kcal

DESSERT

## Ingredients

- 1 teaspoon almond extract
- 0.5 teaspoon baking soda
- 0.3 cup butter softened
- 3 cups powdered sugar
- 1 teaspoon cream of tartar
- 2 eggs
- 2 cups flour all-purpose
- 36 servings purple gel food coloring

- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 2 tablespoons water hot

## Equipment

- bowl
- baking sheet
- oven

## Directions

- In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, vanilla and almond extract.
- Combine the flour, cream of tartar, baking soda, salt and nutmeg; gradually add to creamed mixture and mix well.
- Drop by rounded teaspoonfuls 2 in. apart onto ungreased baking sheets.
- Bake at 350° for 8–10 minutes or until light brown.
- Remove to wire racks to cool.
- For frosting, in a large bowl, combine the butter, confectioners' sugar, almond extract and enough water to achieve desired consistency. Tint with food coloring if desired. Frost cookies.

## Nutrition Facts



## Properties

Glycemic Index:7.36, Glycemic Load:6.75, Inflammation Score:-1, Nutrition Score:1.283478256153%

## Nutrients (% of daily need)

Calories: 95.95kcal (4.8%), Fat: 1.6g (2.46%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 19.34g (7.03%), Sugar: 14g (15.55%), Cholesterol: 12.48mg (4.16%), Sodium: 45.44mg (1.98%),

Alcohol: 0.08g (100%), Alcohol %: 0.35% (100%), Protein: 1.04g (2.08%), Selenium: 3.21µg (4.58%), Vitamin B1: 0.06mg (3.71%), Folate: 13.92µg (3.48%), Vitamin B2: 0.05mg (2.88%), Manganese: 0.05mg (2.49%), Iron: 0.38mg (2.1%), Vitamin B3: 0.41mg (2.07%), Phosphorus: 12.77mg (1.28%), Vitamin A: 52.61IU (1.05%)