



## Soft Sugar Cookies V

 Vegetarian

READY IN



30 min.

SERVINGS



48

CALORIES



102 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

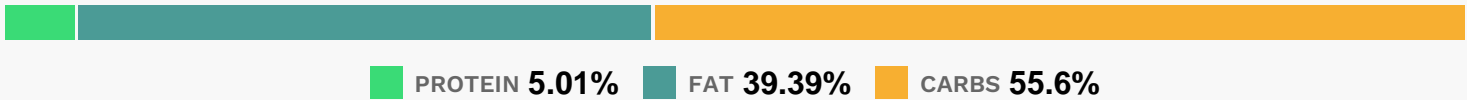
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ cookie cutter

## Directions

- ☐ Sift together the flour, baking powder, baking soda, salt and nutmeg; set aside. In a large bowl, cream together the butter and sugar until smooth. Beat in the egg, vanilla and sour cream until well blended. Stir in the sifted ingredients. Wrap dough in plastic wrap and chill overnight.
- ☐ Preheat the oven to 375 degrees F (190 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 ungreased cookie sheets.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:7.44, Glycemic Load:10.14, Inflammation Score:-1, Nutrition Score:1.8143477993005%

## Nutrients (% of daily need)

Calories: 102.28kcal (5.11%), Fat: 4.51g (6.94%), Saturated Fat: 2.72g (17%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 14.05g (5.11%), Sugar: 6.37g (7.07%), Cholesterol: 14.99mg (5%), Sodium: 77.19mg (3.36%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.29g (2.58%), Selenium: 3.99µg (5.7%), Vitamin B1: 0.08mg (5.53%), Folate: 19.79µg (4.95%), Vitamin B2: 0.06mg (3.68%), Manganese: 0.07mg (3.62%), Vitamin B3: 0.62mg (3.1%), Iron: 0.51mg (2.86%), Vitamin A: 138.07IU (2.76%), Phosphorus: 17.87mg (1.79%), Fiber: 0.28g (1.13%), Calcium: 10.63mg (1.06%)