



Sugar Cookie

READY IN



45 min.

SERVINGS



40

CALORIES



37 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup cake flour
- ☐ 2 egg whites
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup pastry flour whole-wheat white
- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons butter unsalted softened
- ☐ 1 teaspoon vanilla extract

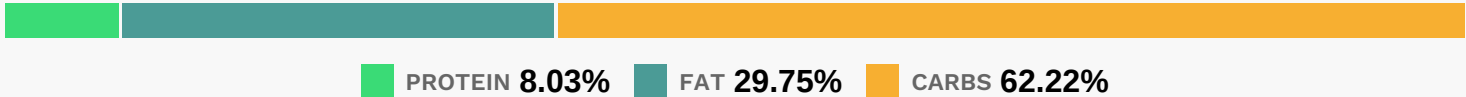
Equipment

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

Directions

- ☐ Whisk flours, baking powder, and salt in a bowl. In another bowl, beat butter and sugar with a hand mixeruntil light and fluffy; add egg whites and vanilla, and beat until justcombined. Gradually stir flour mixture into butter mixtureuntil combined. Form dough into a log, wrap tightly in waxed paper and refrigerate at least 3 hours. For plain sugar cookies, heat oven to 350°F.
- ☐ Cut dough in half; roll out both halves to an even 1/4-inch thickness.
- ☐ Cut out 40 cookies using a 2-inch cutter. Coat 2 cookie sheets with cooking spray; place cookies on sheets 1 inch apart and bake until firm, 6 to 8 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:2.85, Inflammation Score:-1, Nutrition Score:0.87826088054673%

Nutrients (% of daily need)

Calories: 36.86kcal (1.84%), Fat: 1.24g (1.91%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.54g (2.02%), Sugar: 2.54g (2.82%), Cholesterol: 3.01mg (1%), Sodium: 19.53mg (0.85%), Alcohol: 0.03g (100%), Alcohol %: 0.43% (100%), Protein: 0.75g (1.51%), Manganese: 0.11mg (5.53%), Selenium: 2.65µg (3.79%), Fiber: 0.3g (1.19%), Phosphorus: 11.42mg (1.14%)