



## Sugar Cookie Bars

READY IN



80 min.

SERVINGS



18

CALORIES



477 kcal

DESSERT

### Ingredients

- 0.5 teaspoon baking soda
- 4 large eggs
- 5 cups flour all-purpose
- 3 cups fluffy frosting prepared
- 1 teaspoon salt
- 1 cup butter unsalted at room temperature
- 2 teaspoons vanilla extract
- 2 cups sugar white

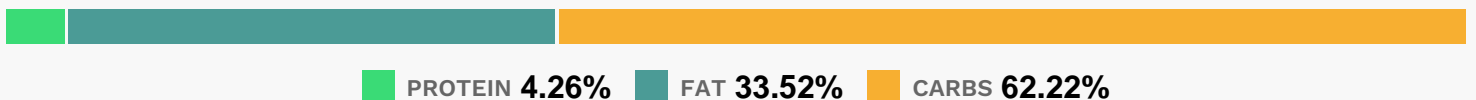
## Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- baking pan
- toothpicks
- stand mixer

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Line a 10x15-inch baking pan with parchment paper.
- Place butter and sugar into the work bowl of a large stand mixer fitted with paddle attachment; mix on medium-high speed until butter and sugar are light and fluffy, 2 to 3 minutes.
- Beat eggs into butter mixture one at a time, letting each egg blend in before adding the next. Beat in vanilla extract.
- Whisk flour, salt, and baking soda together in a separate bowl. Gradually beat flour mixture into moist ingredients, blending each portion in before adding more.
- Spread dough into prepared pan.
- Bake in the preheated oven until lightly golden brown and a toothpick inserted into the center comes out clean, 30 to 35 minutes.
- Let cool completely in pan.
- Remove from pan and spread frosting over the top; cut into bars and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.45, Glycemic Load:45.68, Inflammation Score:-4, Nutrition Score:7.1752174781716%

## Nutrients (% of daily need)

Calories: 476.98kcal (23.85%), Fat: 17.8g (27.38%), Saturated Fat: 8g (49.99%), Carbohydrates: 74.35g (24.78%), Net Carbohydrates: 73.41g (26.7%), Sugar: 46.14g (51.27%), Cholesterol: 68.45mg (22.82%), Sodium: 247.02mg (10.74%), Alcohol: 0.15g (100%), Alcohol %: 0.16% (100%), Protein: 5.09g (10.19%), Selenium: 15.48µg (22.11%), Vitamin B2: 0.34mg (20.29%), Vitamin B1: 0.28mg (18.76%), Folate: 72.16µg (18.04%), Manganese: 0.24mg (12.13%), Vitamin B3: 2.15mg (10.74%), Iron: 1.88mg (10.45%), Vitamin A: 375.15IU (7.5%), Phosphorus: 69.33mg (6.93%), Vitamin E: 1.01mg (6.71%), Vitamin K: 5.92µg (5.64%), Fiber: 0.94g (3.75%), Vitamin B5: 0.36mg (3.57%), Copper: 0.06mg (3.1%), Zinc: 0.43mg (2.85%), Vitamin D: 0.41µg (2.74%), Magnesium: 9.66mg (2.41%), Vitamin B12: 0.12µg (2.01%), Potassium: 69.45mg (1.98%), Vitamin B6: 0.03mg (1.73%), Calcium: 15.94mg (1.59%)