



Sugar Cookie Cutouts

 Vegetarian  Popular

READY IN



62 min.

SERVINGS



21

CALORIES



192 kcal

DESSERT

Ingredients

- 0.5 tsp baking soda
- 0.8 cup butter softened
- 8 oz philadelphia cream cheese softened
- 2.3 cups flour
- 1 cup granulated sugar
- 0.3 cup colored sugar
- 2 tsp vanilla

Equipment

- bowl
- baking sheet
- oven
- blender
- cookie cutter

Directions

- Beat first 4 ingredients in large bowl with mixer until well blended.
- Add flour and baking soda; mix well. Refrigerate 30 min.
- Heat oven to 350F.
- Roll dough to 1/8-inch thickness on lightly floured surface.
- Cut into assorted shapes with 3-inch cookie cutters.
- Sprinkle with colored sugar.
- Place, 2 inches apart, on greased baking sheets.
- Bake 10 to 12 min. or until edges begin to brown. Cool on baking sheets 3 min.
- Remove to wire racks; cool completely.

Nutrition Facts

■ PROTEIN **4.38%** ■ FAT **48.64%** ■ CARBS **46.98%**

Properties

Glycemic Index:13.91, Glycemic Load:15.87, Inflammation Score:-3, Nutrition Score:2.6791303961173%

Nutrients (% of daily need)

Calories: 191.66kcal (9.58%), Fat: 10.46g (16.09%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 22.37g (8.13%), Sugar: 12.38g (13.75%), Cholesterol: 28.34mg (9.45%), Sodium: 116.43mg (5.06%), Alcohol: 0.14g (100%), Alcohol %: 0.39% (100%), Protein: 2.12g (4.23%), Selenium: 5.62µg (8.03%), Vitamin B1: 0.11mg (7.2%), Vitamin A: 347.64IU (6.95%), Folate: 25.72µg (6.43%), Vitamin B2: 0.1mg (5.67%), Manganese: 0.09mg (4.7%), Vitamin B3: 0.81mg (4.03%), Iron: 0.64mg (3.56%), Phosphorus: 27.99mg (2.8%), Vitamin E: 0.29mg (1.93%), Calcium: 14.59mg (1.46%), Fiber: 0.36g (1.45%), Vitamin B5: 0.13mg (1.29%), Copper: 0.02mg (1.12%), Zinc: 0.16mg (1.04%), Magnesium: 4.13mg (1.03%)