



## Sugar Cookie Mittens

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



197 kcal

DESSERT

## Ingredients

- ☐ 2 cups butter softened
- ☐ 6 tablespoons butter melted
- ☐ 2 eggs beaten
- ☐ 5 cups flour all-purpose
- ☐ 1 drops purple gel food coloring
- ☐ 1 tablespoon juice of lemon
- ☐ 6 tablespoons milk
- ☐ 4.5 cups powdered sugar

- ☐ 1.3 cups sugar
- ☐ 2 teaspoons vanilla extract

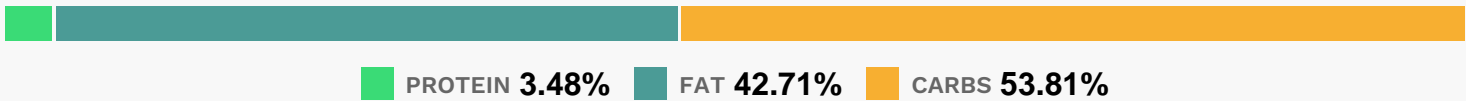
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

## Directions

- ☐ Blend 2 cups butter and sugar together; stir in eggs and 2 teaspoons vanilla.
- ☐ Add flour; mix until well blended. Shape into a ball; cover and chill for 4 hours to overnight.
- ☐ Roll out dough 1/4-inch thick on a lightly floured surface; cut out with cookie cutters as desired. Arrange cookies on lightly greased baking sheets.
- ☐ Bake at 350 degrees for 8 to 10 minutes, until golden; cool.
- ☐ Combine powdered sugar, milk, remaining butter (melted), remaining vanilla, lemon juice and food coloring, if using, in a medium bowl. Beat with an electric mixer on low speed until smooth. Frost cookies when cool.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:2.4782608553119%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

## Nutrients (% of daily need)

Calories: 197.21kcal (9.86%), Fat: 9.47g (14.57%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 26.49g (9.63%), Sugar: 16.71g (18.57%), Cholesterol: 31.14mg (10.38%), Sodium: 75.94mg (3.3%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.73g (3.47%), Selenium: 5.23µg (7.47%), Vitamin B1: 0.1mg (6.98%), Folate: 25.09µg (6.27%), Vitamin A: 293.05IU (5.86%), Vitamin B2: 0.08mg (4.85%), Manganese: 0.09mg (4.52%), Vitamin B3: 0.78mg (3.89%), Iron: 0.65mg (3.6%), Phosphorus: 22.31mg (2.23%), Vitamin E: 0.29mg (1.92%), Fiber: 0.35g (1.41%), Copper: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.05%)