



Sugar Cookies

READY IN



205 min.

SERVINGS



24

CALORIES



282 kcal

DESSERT

Ingredients

- 0.5 cup confectioners' sugar
- 0.8 cup confectioners' sugar
- 1 tablespoon plus light
- 2 large egg yolks
- 2.3 cups flour all-purpose
- 0.5 cup granulated sugar
- 1 teaspoon lemon zest finely grated (preferably Meyer lemon)
- 2 tablespoons milk
- 24 servings nonpareils assorted melted crushed for topping

- 0.3 teaspoon salt
- 0.5 pound bittersweet chocolate white finely chopped
- 2 sticks butter unsalted at room temperature
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 1 teaspoon vegetable shortening

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- hand mixer
- potato masher
- cookie cutter
- stand mixer
- microwave
- spatula
- slotted spoon

Directions

- Watch how to make this recipe.
- Combine the flour and salt in a bowl.
- Put the butter, granulated sugar and confectioners' sugar in the bowl of a stand mixer fitted with the paddle attachment; beat on medium speed until light and fluffy, about 4 minutes (or about 6 minutes if using a hand mixer).
- Add the egg yolks one at a time, beating on medium-high speed between each addition.
- Add the vanilla and lemon zest and beat until combined.

- Add the flour mixture in 2 batches and mix until just incorporated. Divide the dough in half, wrap in plastic wrap and chill at least 1 hour.
- Line 2 baking sheets with parchment and lightly oil.
- Roll out each piece of dough between 2 sheets of parchment until 1/8 inch thick (return the dough to the refrigerator if it softens too much).
- Cut into 2-to-4-inch shapes with cookie cutters; arrange 2 inches apart on the prepared baking sheets. Reroll the scraps and cut out more cookies.
- Sprinkle with sanding sugar. (To make a design like the one above, use a potato masher, slotted spoon or spatula as a stencil.) Chill the cutouts 1 hour.
- Preheat the oven to 350 degrees F.
- Bake the cookies until lightly golden around the edges, 12 to 15 minutes.
- Let cool 3 minutes on the baking sheets, then transfer to racks to cool completely.
- Put the chocolate, shortening, corn syrup, milk, confectioners' sugar and vanilla in a microwave-safe bowl. Cover with plastic wrap and microwave on high in 30-second intervals, stirring, until smooth. Tint with food coloring.
- Ice the cookies as desired and decorate with toppings.
- Transfer to the rack and let set.
- Thumbprints are traditionally filled with jam, but these are much more fun: Try chocolate kisses, crushed candy canes or a dollop of frosting in the center.
- Photograph by Steve Giralt

Nutrition Facts

PROTEIN 3.93% **FAT 57.79%** **CARBS 38.28%**

Properties

Glycemic Index:9.48, Glycemic Load:9.54, Inflammation Score:-3, Nutrition Score:5.5326087189757%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg

Nutrients (% of daily need)

Calories: 281.74kcal (14.09%), Fat: 18.46g (28.4%), Saturated Fat: 12.87g (80.43%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 24.81g (9.02%), Sugar: 15.32g (17.02%), Cholesterol: 36.26mg (12.09%), Sodium: 32.06mg (1.39%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.83g (5.65%), Manganese: 0.48mg (24.1%), Copper: 0.22mg (10.9%), Selenium: 7.6µg (10.85%), Fiber: 2.71g (10.83%), Iron: 1.52mg (8.45%), Magnesium: 28.68mg (7.17%), Vitamin B1: 0.11mg (7.02%), Phosphorus: 66.92mg (6.69%), Folate: 24.72µg (6.18%), Vitamin A: 262.55IU (5.25%), Vitamin B2: 0.09mg (5.13%), Vitamin B3: 0.84mg (4.19%), Zinc: 0.59mg (3.9%), Potassium: 126.97mg (3.63%), Vitamin E: 0.38mg (2.5%), Vitamin B6: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.19%), Calcium: 16.16mg (1.62%), Vitamin D: 0.23µg (1.54%), Vitamin K: 1.53µg (1.45%), Vitamin B12: 0.07µg (1.12%)