

Sugar Cookies



Vegetarian

READY IN

ready

225 min.

SERVINGS

servings

60

CALORIES

calories

102 kcal

DESSERT

Ingredients

- ☐ 1 cup confectioners' sugar
- ☐ 3 tablespoons confectioners' sugar
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose as needed
- ☐ 60 servings food coloring
- ☐ 0.5 cup granulated sugar
- ☐ 1 tablespoon milk
- ☐ 0.3 teaspoon salt fine

- ☐ 60 servings sprinkles cored
- ☐ 1 cup butter unsalted soft 2 sticks
- ☐ 2 teaspoons vanilla extract pure

Equipment

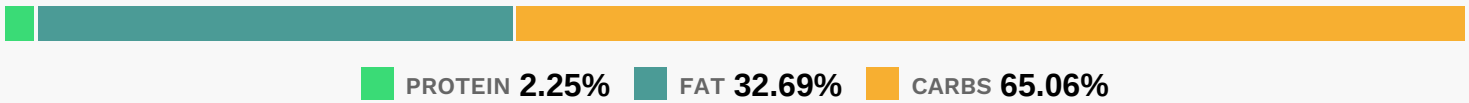
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ spatula
- ☐ rolling pin
- ☐ kitchen scissors

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the egg and vanilla in a small bowl and set aside.
- ☐ With a hand held mixer in a large bowl, cream the butter until fluffy. Scrape down the sides of the bowl with a rubber spatula, add both sugars, and continue beating until light, 2 to 3 minutes. Scrape the sides of the bowl again, if needed, then add the egg mixture, beating for about 1 minute. Sift the salt with the flour. Reduce the mixer to a low speed and then add the flour mixture, mixing just until blended.
- ☐ Turn the dough out of the bowl. Divide the dough in half and place each half between 2 pieces of lightly floured parchment or waxed paper. Use a rolling pin to flatten the dough into a disk about 1/4-inch thick. Slide the dough/parchment sheet onto a flat cookie sheet, or on the back of a rimmed baking sheet. Refrigerate until firm, about 2 hours or overnight.
- ☐ Evenly space the racks in the oven and preheat to 325 degrees F.
- ☐ Place 1 disk of the cookie dough on a clean work surface and peel off the top sheet of paper.

- ☐ Cut cookies with a 1 1/2-inch round or a decorative shaped cookie cutter directly on the parchment. Use a spatula to transfer the cookies to a parchment-lined or non-stick baking sheet, spacing them about 1-inch apart. Repeat with other sheet of dough. Any excess dough can be re-rolled, refrigerated, and cut.
- ☐ Bake until the edges of the cookies are a light golden, about 15 minutes.
- ☐ Transfer cookies to a rack to cool.
- ☐ Whisk the confectioners' sugar with just enough milk to make a thick icing.
- ☐ Transfer icing to a small plastic bag. Press the icing into a corner of the bag and snip off the corner with scissors to make a small opening. Gently press the icing onto the cookie to make a simple pattern. Decorate as desired. Set aside for about 1 hour to let the icing harden.
- ☐ Store in an airtight container for up to 1 week.
- ☐ Add 3/4 teaspoon grated zest of orange with the sugar, and 2/3 cup finely chopped walnuts with the flour.
- ☐ Mix 1 teaspoon ground cinnamon with the flour, and add 2/3 cup finely chopped pecans with the flour.
- ☐ Sprinkle the tops of the cookies before baking with a mixture of 2 tablespoons granulated sugar and 2 teaspoons ground cinnamon.
- ☐ Almond: Reduce the vanilla extract to 1 teaspoon and add 1/2 teaspoon pure almond extract.
- ☐ Add 3/4 cup chopped toasted sliced almonds to the dough with the flour. If desired, for decoration, brush the tops of the unbaked cookies with some egg white and press a few untoasted almond slices onto the top of each cookie prior to baking.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:0.82652174389881%

Nutrients (% of daily need)

Calories: 102.07kcal (5.1%), Fat: 3.72g (5.73%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 16.56g (6.02%), Sugar: 13.16g (14.62%), Cholesterol: 11.26mg (3.75%), Sodium: 11.54mg (0.5%), Alcohol: 0.05g (100%), Alcohol %: 0.24% (100%), Protein: 0.58g (1.15%), Selenium: 1.74µg (2.48%), Vitamin B1: 0.03mg (2.23%), Folate: 8.13µg (2.03%), Vitamin A: 99.45IU (1.99%), Vitamin B2: 0.03mg (1.58%), Manganese:

0.03mg (1.47%), Vitamin B3: 0.25mg (1.25%), Iron: 0.21mg (1.17%)