



Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



323 kcal

DESSERT

Ingredients

- 4 cups flour all-purpose sifted
- 0.5 teaspoon salt
- 1 teaspoon double-acting baking powder
- 1 cup butter unsalted
- 2 cups sugar
- 2 large eggs
- 2 teaspoons vanilla extract fresh pure
- 2 lemon zest

Equipment

- bowl
- baking sheet
- oven
- hand mixer

Directions

- In a large bowl, sift together flour, salt, and baking powder.
- Set aside.
- Use an electric mixer to cream the butter, and sugar until fluffy.
- Beat in eggs.
- Add flour mixture, and mix on low speed until thoroughly combined.
- Stir in vanilla or lemon juice and zest.
- Wrap dough in plastic; chill for about 30 minutes.
- Preheat oven to 350 degrees F.
- On a floured surface, roll dough to 1/4 inch thick.
- Cut into desired shapes.
- Transfer to ungreased baking sheets; refrigerate until firm, 15 minutes.
- Bake until edges just start to brown, 8–10 minutes .
- Cool on wire racks; decorate as desired.

Nutrition Facts



PROTEIN 5.1% FAT 34.57% CARBS 60.33%

Properties

Glycemic Index:14.82, Glycemic Load:34.77, Inflammation Score:-4, Nutrition Score:5.694347826087%

Nutrients (% of daily need)

Calories: 322.59kcal (16.13%), Fat: 12.49g (19.22%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 48.13g (17.5%), Sugar: 25.16g (27.96%), Cholesterol: 53.75mg (17.92%), Sodium: 110.57mg (4.81%), Protein: 4.15g (8.3%), Selenium: 12.81µg (18.3%), Vitamin B1: 0.25mg (16.6%), Folate: 60.65µg (15.16%), Vitamin B2: 0.19mg (11.39%), Manganese: 0.22mg (10.89%), Vitamin B3: 1.86mg (9.3%), Iron: 1.61mg (8.94%), Vitamin A: 388.67IU (7.77%), Phosphorus: 55.13mg (5.51%), Fiber: 0.92g (3.7%), Vitamin E: 0.42mg (2.77%), Calcium: 27.64mg (2.76%), Copper: 0.05mg (2.73%), Vitamin B5: 0.25mg (2.51%), Vitamin D: 0.34µg (2.25%), Zinc: 0.32mg (2.12%), Magnesium: 8.15mg (2.04%), Potassium: 47.97mg (1.37%), Vitamin B12: 0.08µg (1.33%), Vitamin B6: 0.03mg (1.31%), Vitamin C: 0.97mg (1.17%), Vitamin K: 1.11µg (1.05%)