



Sugar Cookies

READY IN



45 min.

SERVINGS



30

CALORIES



298 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 3 cups cake flour
- 1 large egg yolk at room temperature
- 1.3 cups flour all-purpose
- 0.5 teaspoon juice of lemon
- 1 teaspoon lemon zest
- 1 teaspoon salt
- 3 cups sugar
- 30 servings sugar as needed for garnishing,

- 2 cups butter unsalted cut into small cubes, at room temperature (4 sticks)
- 0.5 teaspoon vanilla extract pure

Equipment

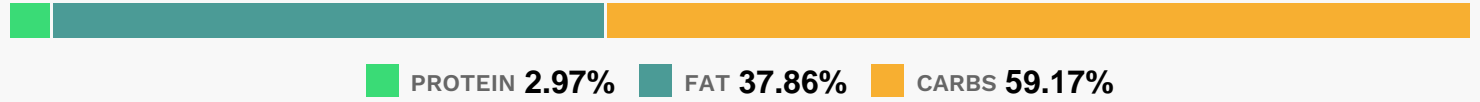
- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- plastic wrap
- wooden spoon
- stand mixer
- rolling pin

Directions

- Preheat the oven to 350°F. Lightly spray cookie sheets with cooking spray or line them with parchment paper. In a stand mixer fitted with a paddle attachment, beat together the butter and sugar until light in texture and smooth, about 2 minutes. While that mixture is beating, sift the flours, salt, and baking soda into a bowl and set aside.
- In a small bowl, whisk together the egg, egg yolk, vanilla, lemon juice, and lemon zest.
- Add this to the butter-sugar mixture and blend until incorporated. Scrape down the bowl as necessary to blend evenly. With the mixer on low or using a wooden spoon, stir in the sifted dry ingredients.
- Turn the dough out onto a lightly floured work surface and divide into two even pieces. Flatten each piece to about 1 inch thick and wrap in plastic wrap. Refrigerate until chilled and firm, at least 2 hours.
- Gently knead the chilled dough to make it more pliable. Lightly flour a work surface and rolling pin and, rotating the dough consistently and working with even pressure, roll out to about an 1/8-inch thickness.
- Cut the dough into the desired shape and transfer to the prepared baking sheets.

- Garnish the cookies with sanding sugar.
- Bake the cookies in batches until they have a light golden-brown edge with a pale-blond center, about 10 minutes.
- Transfer to wire racks and let cool completely.

Nutrition Facts



Properties

Glycemic Index:9.41, Glycemic Load:31.09, Inflammation Score:-2, Nutrition Score:2.4834782682035%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

Nutrients (% of daily need)

Calories: 297.86kcal (14.89%), Fat: 12.79g (19.67%), Saturated Fat: 7.87g (49.17%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 44.52g (16.19%), Sugar: 32.01g (35.57%), Cholesterol: 38.66mg (12.89%), Sodium: 98.38mg (4.28%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 2.26g (4.51%), Selenium: 7.39µg (10.56%), Vitamin A: 386.64IU (7.73%), Manganese: 0.14mg (6.85%), Folate: 14.96µg (3.74%), Vitamin B1: 0.05mg (3.51%), Vitamin B2: 0.05mg (2.8%), Vitamin E: 0.42mg (2.79%), Phosphorus: 23.61mg (2.36%), Vitamin B3: 0.44mg (2.2%), Iron: 0.39mg (2.17%), Fiber: 0.45g (1.79%), Copper: 0.04mg (1.78%), Vitamin D: 0.26µg (1.72%), Magnesium: 4.63mg (1.16%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.11%), Vitamin K: 1.12µg (1.06%)