



Sugar Cookies

 Vegetarian

READY IN



300 min.

SERVINGS



24

CALORIES



126 kcal

DESSERT

Ingredients

- 1 large eggs
- 2.5 cups flour all-purpose
- 0.8 teaspoon salt
- 0.8 cup sugar
- 0.8 cup butter unsalted softened
- 1 teaspoon vanilla

Equipment

- bowl

- baking sheet
- oven
- whisk
- plastic wrap
- hand mixer
- stand mixer
- wax paper
- rolling pin

Directions

- Whisk together flour and salt in a small bowl.
- Beat together butter and sugar in a large bowl with an electric mixer at medium-high until pale and fluffy, about 3 minutes in a stand mixer or 6 minutes with a handheld. Beat in egg and vanilla. Reduce speed to low and add flour mixture, mixing until just combined.
- Form dough into 2 balls and flatten each into a 6-inch disk. Chill disks, wrapped in plastic wrap, until firm, at least 1 hour.
- Put oven rack in middle position and preheat oven to 350°F.
- Roll out 1 disk of dough (keep remaining dough chilled) into an 8 1/2-inch round (1/4 inch thick) on a well-floured surface with a well-floured rolling pin. (If dough becomes too soft to roll out, rewrap in plastic and chill until firm.)
- Cut out as many cookies as possible from dough with cutters and transfer to 2 ungreased large baking sheets, arranging cookies about 1 inch apart.
- Bake cookies, 1 sheet at a time, until edges are golden, 10 to 12 minutes, then transfer to racks to cool completely.
- Meanwhile, gather scraps and chill until dough is firm enough to reroll, 10 to 15 minutes. Make more cookies with remaining dough and scraps (reroll scraps only once) and bake on cooled baking sheets.
- If using icing and coloring it, transfer 1/4 cup icing to a small bowl for each color and tint with food coloring. Spoon each color icing into a sealable bag, pressing out excess air, and snip a 1/8-inch opening in 1 bottom corner of bag. Twisting bag firmly just above icing, decoratively pipe icing onto cookies.
- Let icing dry completely (about 1 hour) before storing cookies.

- Dough can be chilled up to 3 days: Cookies keep, layered between sheets of wax paper or parchment, in an airtight container at room temperature 1 week.

Nutrition Facts



PROTEIN 5.28% **FAT 43.44%** **CARBS 51.28%**

Properties

Glycemic Index:6.05, Glycemic Load:11.55, Inflammation Score:-2, Nutrition Score:2.2952173753925%

Nutrients (% of daily need)

Calories: 125.78kcal (6.29%), Fat: 6.1g (9.38%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.85g (5.76%), Sugar: 6.31g (7.01%), Cholesterol: 23mg (7.67%), Sodium: 76.75mg (3.34%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 1.67g (3.34%), Selenium: 5.16µg (7.37%), Vitamin B1: 0.1mg (6.89%), Folate: 25.02µg (6.26%), Vitamin B2: 0.08mg (4.56%), Manganese: 0.09mg (4.52%), Vitamin B3: 0.77mg (3.87%), Vitamin A: 188.52IU (3.77%), Iron: 0.65mg (3.59%), Phosphorus: 19.9mg (1.99%), Fiber: 0.35g (1.41%), Vitamin E: 0.19mg (1.3%), Copper: 0.02mg (1.1%)