



Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2.5 cups flour all-purpose plus more for the work surface
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup sugar
- ☐ 16 tablespoons butter unsalted at room temperature (2 sticks)
- ☐ 1 teaspoon vanilla extract pure

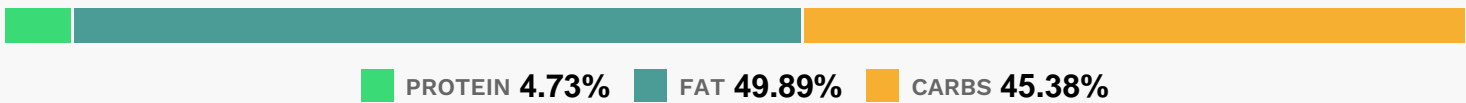
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350 F. Beat the butter and sugar in the bowl of an electric mixer on medium-high until smooth.
- ☐ Add the egg and beat until fluffy, about 2 minutes.
- ☐ Add the vanilla. Reduce mixer speed to low.
- ☐ Combine the flour, baking soda, and salt in a bowl and add it slowly to the butter mixture, mixing until just incorporated (the dough will be stiff). Shape into a flat 1-inch-thick disk. Refrigerate, wrapped, for 30 minutes.
- ☐ Roll out the dough on a floured surface to 1/4 inch thick.
- ☐ Cut into shapes and place on parchment-lined baking sheets. The scraps can be combined and rolled out again.
- ☐ Bake 10 to 12 minutes, until the edges are a light golden brown. Cool slightly on the baking sheets before transferring to cooling racks.

Nutrition Facts



Properties

Glycemic Index:4.03, Glycemic Load:7.7, Inflammation Score:-1, Nutrition Score:1.5926086876703%

Nutrients (% of daily need)

Calories: 94.56kcal (4.73%), Fat: 5.28g (8.12%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 10.57g (3.84%), Sugar: 4.2g (4.67%), Cholesterol: 18.54mg (6.18%), Sodium: 26.63mg (1.16%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.12g (2.25%), Selenium: 3.46µg (4.94%), Vitamin B1: 0.07mg (4.6%), Folate: 16.72µg (4.18%), Vitamin A: 162.99IU (3.26%), Vitamin B2: 0.05mg (3.07%), Manganese: 0.06mg (3.02%), Vitamin B3: 0.52mg (2.58%), Iron: 0.43mg (2.39%), Phosphorus: 13.63mg (1.36%), Vitamin E:

0.16mg (1.09%)