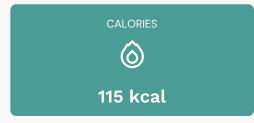


# **Sugar Cookies**

**Vegetarian** 







DESSERT

## Ingredients

1 teaspoon baking soda
1 cup butter softened
1 teaspoon cream of tartar
2 large eggs
5.3 cups flour all-purpose
1 cup granulated sugar
1 tablespoon juice of lemon fresh
1 cup powdered sugar

	0.3 teaspoon salt	
	84 servings colored sugar	
	2 teaspoons vanilla extract	
	1 cup vegetable oil	
Equipment		
	baking sheet	
	oven	
	hand mixer	
Directions		
	Beat butter at medium speed with an electric mixer until fluffy; add powdered and granulated sugars, beating well.	
	Add eggs, oil, vanilla, and lemon juice, beating until blended.	
	Combine flour and next 3 ingredients; gradually add to sugar mixture, beating until blended.	
	Shape dough into 1-inch balls; roll in colored sugar, and place about 2 inches apart on lightly greased baking sheets.	
	Bake, in batches, at 350 for 9 to 11 minutes or until set. (Do not brown.)	
	Remove to wire racks to cool.	
	Chocolate Kiss Cookies: Omit colored sugar. After baking, immediately place one unwrapped milk chocolate kiss in center of each cookie, and cool.	
	Peanut Butter Cup Cookies: Omit colored sugar. After baking, immediately place an unwrapped miniature peanut butter cup in the center of each cookie, and cool.	
	Lemon Cookies: Omit vanilla and colored sugar. Increase lemon juice to 1/4 cup, and add 1 teaspoon grated lemon rind to dough. Proceed as directed.	
	Lemon Thumbprint Cookies: Prepare Lemon Cookies, and press thumb in center of each cookie to make an indentation.	
	Bake and cool as directed. Spoon 1/2 teaspoon raspberry jam in each indentation.	

## **Nutrition Facts**

### **Properties**

Glycemic Index:3.16, Glycemic Load:14.35, Inflammation Score:-1, Nutrition Score:1.3726087011721%

#### **Flavonoids**

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

### **Nutrients** (% of daily need)

Calories: 115.43kcal (5.77%), Fat: 2.95g (4.53%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21.56g (7.84%), Sugar: 15.79g (17.55%), Cholesterol: 10.24mg (3.41%), Sodium: 39.37mg (1.71%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 0.98g (1.96%), Selenium: 3.14µg (4.48%), Vitamin B1: 0.06mg (4.13%), Folate: 14.97µg (3.74%), Vitamin B2: 0.05mg (2.83%), Manganese: 0.05mg (2.73%), Vitamin B3: 0.46mg (2.32%), Iron: 0.39mg (2.19%), Vitamin A: 73.97IU (1.48%), Phosphorus: 11.47mg (1.15%), Vitamin K: 1.17µg (1.11%)