



Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



84

CALORIES



115 kcal

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



 PROTEIN **3.34%**  FAT **22.57%**  CARBS **74.09%**

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, 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%)