



Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 6 ounces butter unsalted softened ()
- ☐ 1 teaspoon vanilla extract

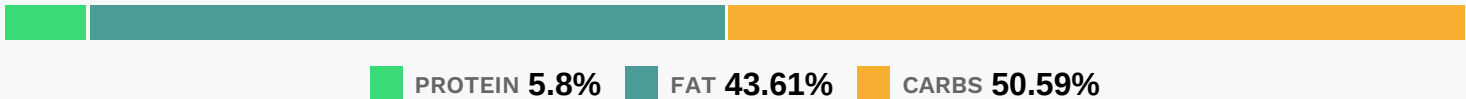
Equipment

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

Directions

- ☐ Combine the flour, baking powder, and salt in a bowl and set aside.
- ☐ Put the butter and sugar in a large bowl or 64-ounce Pyrex cup. Beat with an electric mixer on medium-high until smooth, about 2 minutes.
- ☐ Add the eggs and beat until fluffy, 2 to 3 minutes.
- ☐ Add the lemon juice and vanilla. Reduce speed to low and slowly add the flour mixture.
- ☐ Mix until just incorporated.
- ☐ Divide the dough in half and flatten each portion into a 1-inch-thick disk. Wrap in plastic and refrigerate for at least 1 hour.
- ☐ Heat oven to 350 F.
- ☐ Roll out the dough on a lightly floured surface to 1/4 inch thick.
- ☐ Cut into desired shapes and place on a parchment-lined baking sheet. Scraps can be combined and rolled out again.
- ☐ Bake 10 to 15 minutes or until light golden brown.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:1.6808695605268%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 85.48kcal (4.27%), Fat: 4.16g (6.41%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.63g (3.87%), Sugar: 4.22g (4.69%), Cholesterol: 19.25mg (6.42%), Sodium: 17.07mg (0.74%), Alcohol: 0.04g (100%), Alcohol %: 0.23% (100%), Protein: 1.25g (2.49%), Selenium: 3.77µg (5.38%), Vitamin B1: 0.07mg (4.63%), Folate: 17.26µg (4.31%), Vitamin B2: 0.06mg (3.33%), Manganese: 0.06mg (3.03%), Vitamin A: 131.3IU (2.63%), Vitamin B3: 0.52mg (2.59%), Iron: 0.46mg (2.56%), Phosphorus: 17.82mg (1.78%), Calcium: 10.41mg (1.04%)