



## Sugar Cookies

READY IN



45 min.

SERVINGS



24

CALORIES



222 kcal

## Ingredients

- 4 cups flour all-purpose plus more for surface and more if needed sifted
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 8 ounces butter unsalted softened (2 sticks)
- 2 cups sugar
- 2 large eggs
- 2 teaspoons vanilla extract pure
- 1 serving royal icing for holiday sugar cookies

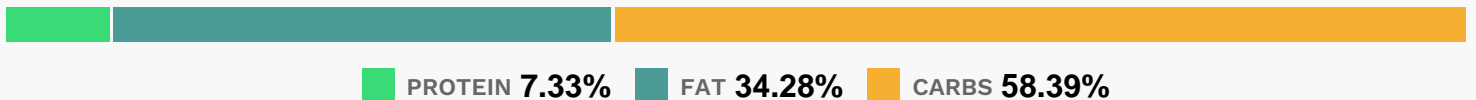
## Equipment

- bowl
- baking sheet
- oven
- blender

## Directions

- Sift flour, baking powder, and salt into a bowl. In a separate bowl, beat butter and sugar with a mixer on medium speed until pale and fluffy, about 3 minutes. Beat in eggs and vanilla. Reduce speed to low. Gradually mix in flour mixture. Turn out dough, and divide in half. Flatten each half into a disk, and wrap in plastic. Refrigerate until firm, at least 1 hour or overnight.
- Preheat oven to 325 degrees, with racks in upper and lower thirds of oven.
- Let one disk of dough stand at room temperature just until soft enough to roll, about 10 minutes.
- Roll out dough on a lightly floured work surface to just under 1/4-inch thick, adding more flour as needed to keep dough from sticking. Chill in refrigerator until firm, about 30 minutes.
- Cut out cookies using desired cutters or templates.
- Transfer to parchment-lined baking sheets as you work.
- Roll out scraps, and repeat once. Repeat with remaining disk of dough. Chill cookies in freezer until very firm, about 15 minutes.
- Bake cookies, switching positions of sheets and rotating halfway through, until edges turn golden, 15 to 18 minutes.
- Let cool on sheets on wire racks. Decorate with Royal Icing.

## Nutrition Facts



## Properties

Glycemic Index:9.88, Glycemic Load:23.18, Inflammation Score:-3, Nutrition Score:4.34173912328222%

## Nutrients (% of daily need)

Calories: 222.2kcal (11.11%), Fat: 8.51g (13.1%), Saturated Fat: 5.06g (31.64%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 32.06g (11.66%), Sugar: 16.75g (18.61%), Cholesterol: 39.5mg (13.17%), Sodium: 76.66mg (3.33%),

Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 4.1g (8.19%), Selenium: 11.12µg (15.89%), Vitamin B1: 0.17mg (11.57%), Folate: 41.43µg (10.36%), Vitamin B2: 0.14mg (7.98%), Vitamin B3: 1.53mg (7.64%), Manganese: 0.15mg (7.38%), Iron: 1.11mg (6.15%), Vitamin A: 265.03IU (5.3%), Phosphorus: 49.79mg (4.98%), Vitamin B12: 0.15µg (2.54%), Fiber: 0.56g (2.25%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.31µg (2.07%), Calcium: 20.59mg (2.06%), Copper: 0.04mg (1.98%), Vitamin B6: 0.04mg (1.89%), Magnesium: 6.99mg (1.75%), Zinc: 0.24mg (1.63%), Potassium: 51.51mg (1.47%)