Sugar Cookies ("Tea Cakes")

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
50 min.	**42**	**95 kcal**

BEVERAGE   DRINK

Ingredients

- [ ] 2.5 cups cake flour white
- [ ] 1 large eggs lightly beaten
- [ ] 1.5 cups sugar
- [ ] 1 cup butter unsalted softened
- [ ] 1 teaspoon vanilla

Equipment

- [ ] bowl
- [ ] baking sheet

- [ ] oven
- [ ] hand mixer
- [ ] rolling pin

Directions

- [ ] Preheat oven to 350°F.

- [ ] Put flour in a bowl and make a well in center. Beat together butter and sugar in another bowl with an electric mixer until light and fluffy, then beat in egg and vanilla until blended.

- [ ] Add butter mixture to flour and rub it into flour with your fingertips just until dough comes together in a ball (do not overwork dough, or it will be tough).3Halve dough and work with 1 half at a time.

- [ ] Roll out dough 1/4 inch thick on a floured surface with a lightly floured rolling pin.

- [ ] Cut out cookies with a floured cutter (we used a 2 1/2-inch fluted round cutter), arranging cookies, as cut, 1 inch apart on ungreased baking sheets. Reroll scraps once, using as little flour as possible, and cut out more cookies.

- [ ] Bake cookies, 1 sheet at a time, in middle of oven until very pale golden, 12 to 15 minutes. Cool on baking sheet 1 minute, then transfer to a rack to cool 5 minutes if serving warm, or to cool completely.

- [ ] · If your kitchen is very warm, you may need to chill dough to keep it from sticking to work surface.· Cookies keep in an airtight container 1 week.

Nutrition Facts

█ **PROTEIN 4.52%**   █ **FAT 43.41%**   █ **CARBS 52.07%**
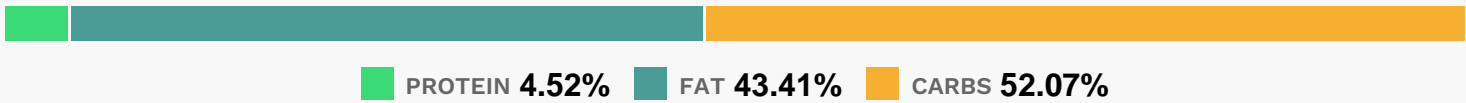
Properties

Glycemic Index:3.26, Glycemic Load:8.48, Inflammation Score:–1, Nutrition Score:0.92521739135618%

Nutrients (% of daily need)

Calories: 95.09kcal (4.75%), Fat: 4.64g (7.14%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 12.36g (4.49%), Sugar: 7.17g (7.97%), Cholesterol: 16.05mg (5.35%), Sodium: 2.51mg (0.11%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 1.09g (2.17%), Selenium: 3.42µg (4.88%), Manganese: 0.06mg (3%), Vitamin A: 141.64IU (2.83%), Vitamin E: 0.17mg (1.12%), Phosphorus: 10.88mg (1.09%)