



Sugar Cookies VII

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



131 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup butter
- ☐ 3 eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups sugar white

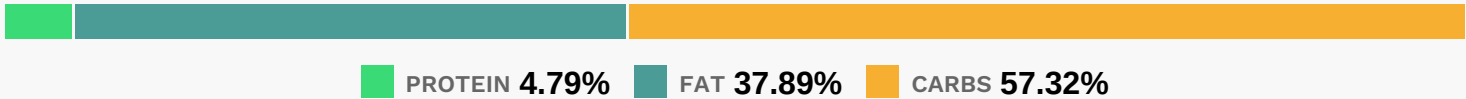
Equipment

☐ oven

Directions

- ☐ Cream the butter and then gradually add the sugar. Cream thoroughly.
- ☐ Add the eggs one at a time to the sugar and butter.
- ☐ Add the baking soda next. Lastly, add the flour, salt, and flavoring.
- ☐ Cover and chill for several hours or freeze.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Roll out on a lightly floured surface and cut in fancy shapes.
- ☐ Bake until golden brown, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:13.51, Inflammation Score:-2, Nutrition Score:2.0243478274864%

Nutrients (% of daily need)

Calories: 131.47kcal (6.57%), Fat: 5.6g (8.62%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 18.78g (6.83%), Sugar: 11.15g (12.39%), Cholesterol: 27.2mg (9.07%), Sodium: 141.08mg (6.13%), Alcohol: 0.04g (100%), Alcohol %: 0.15% (100%), Protein: 1.59g (3.18%), Selenium: 4.79µg (6.84%), Vitamin B1: 0.08mg (5.57%), Folate: 20.98µg (5.24%), Vitamin B2: 0.07mg (4.27%), Manganese: 0.07mg (3.65%), Vitamin A: 177.38IU (3.55%), Vitamin B3: 0.62mg (3.1%), Iron: 0.56mg (3.08%), Phosphorus: 20.03mg (2%), Vitamin E: 0.19mg (1.27%), Fiber: 0.28g (1.13%), Vitamin B5: 0.11mg (1.09%)