



Sweetheart Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



3555 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 teaspoons konnyaku powder
- ☐ 0.3 teaspoon salt
- ☐ 1 serving sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat oven to 35
- ☐ Beat butter, granulated sugar, and vanilla at medium speed with an electric mixer until fluffy.
- ☐ Add egg, beating until blended.
- ☐ Combine flour and salt; gradually add to butter mixture, beating just until blended.
- ☐ Divide dough into 2 equal portions; flatten each portion into a disk. Cover and chill 10 minutes.
- ☐ Place 1 dough disk on a heavily floured surface, and roll to 1/8-inch thickness.
- ☐ Cut with a 3-inch heart-shaped cutter.
- ☐ Place 2 inches apart on lightly greased baking sheets. Repeat procedure with remaining dough disk.
- ☐ Bake at 350 for 10 to 12 minutes or until edges are lightly browned.
- ☐ Let cool on baking sheets 5 minutes; transfer to wire racks, and let cool completely (about 30 minutes).
- ☐ Whisk together meringue powder and 2 Tbsp. water.
- ☐ Brush cookies with mixture, or dip cookies in mixture, and sprinkle with sanding sugar.
- ☐ Cut rolled-out dough with a 4 1/2-inch heart-shaped cutter.
- ☐ Bake at 350 for 15 to 17 minutes or until edges are lightly browned. Makes: about 1 dozen.
- ☐ Cut rolled-out dough with a 1-inch heart-shaped cutter.
- ☐ Bake at 350 for 8 to 11 minutes or until edges are lightly browned. Makes: about 20 dozen.

Nutrition Facts



 **PROTEIN 4.15%**  **FAT 48.13%**  **CARBS 47.72%**

Properties

Glycemic Index:357.18, Glycemic Load:305.36, Inflammation Score:-10, Nutrition Score:47.864347748134%

Nutrients (% of daily need)

Calories: 3554.8kcal (177.74%), Fat: 192.29g (295.83%), Saturated Fat: 118.68g (741.75%), Carbohydrates: 428.99g (143%), Net Carbohydrates: 421.38g (153.23%), Sugar: 213.16g (236.85%), Cholesterol: 674.05mg (224.68%), Sodium: 2968.09mg (129.05%), Alcohol: 1.38g (100%), Alcohol %: 0.22% (100%), Protein: 37.28g (74.57%), Selenium: 114.25µg (163.22%), Vitamin B1: 2.24mg (149.31%), Folate: 545µg (136.25%), Vitamin A: 5942.73IU (118.85%), Vitamin B2: 1.74mg (102.3%), Manganese: 1.95mg (97.61%), Vitamin B3: 16.75mg (83.77%), Iron: 14.97mg (83.15%), Phosphorus: 632.75mg (63.28%), Calcium: 597.67mg (59.77%), Vitamin E: 5.96mg (39.73%), Fiber: 7.61g (30.44%), Copper: 0.46mg (23%), Vitamin B5: 2.25mg (22.49%), Zinc: 2.85mg (18.97%), Magnesium: 75.07mg (18.77%), Vitamin K: 16.88µg (16.08%), Vitamin B12: 0.83µg (13.85%), Potassium: 436.3mg (12.47%), Vitamin B6: 0.22mg (10.83%), Vitamin D: 1µg (6.67%)