



The Ultimate Valentine's Day Cookie

READY IN



60 min.

SERVINGS



4

CALORIES



1023 kcal

DESSERT

Ingredients

- ☐ 1 cup powdered sugar
- ☐ 1 cup butter softened
- ☐ 1 tablespoon vinegar white
- ☐ 2.3 cups flour all-purpose
- ☐ 0.8 teaspoon baking soda
- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 6 drops food coloring red
- ☐ 2 cups powdered sugar

- ☐ 0.5 teaspoon vanilla
- ☐ 2 tablespoons milk

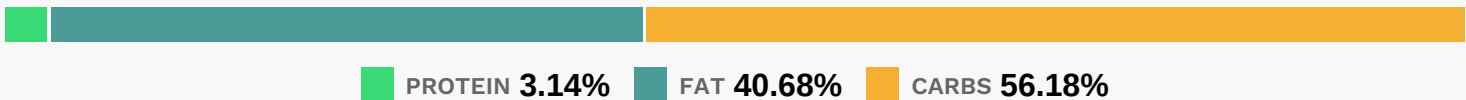
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Heat oven to 400°F. In large bowl, beat 1 cup powdered sugar, the butter and vinegar with electric mixer on medium speed, or mix with spoon. Stir in remaining cookie ingredients except food color. Divide dough in half.
- ☐ Mix food color into one half. (If dough is too dry, stir in milk, 1 teaspoon at a time.)
- ☐ On lightly floured cloth-covered surface, roll dough 1/8 inch thick.
- ☐ Cut into heart shapes with various sizes of cookie cutters.
- ☐ Place smaller hearts on larger hearts of different color dough if desired. On ungreased cookie sheet, place shapes about 2 inches apart.
- ☐ Bake 5 to 7 minutes or until set but not brown. Cool 1 to 2 minutes; carefully remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- ☐ In medium bowl, mix all frosting ingredients until smooth and spreadable. Tint with food color if desired.
- ☐ Spread frosting on cookies.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:38.95, Inflammation Score:-9, Nutrition Score:13.359130333299%

Nutrients (% of daily need)

Calories: 1023.24kcal (51.16%), Fat: 46.64g (71.76%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 144.94g (48.31%), Net Carbohydrates: 142.93g (51.98%), Sugar: 88.66g (98.51%), Cholesterol: 0.9mg (0.3%), Sodium: 892.08mg (38.79%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 8.09g (16.18%), Vitamin A: 2042.32IU (40.85%), Vitamin B1: 0.56mg (37.48%), Manganese: 0.74mg (36.85%), Selenium: 24.96µg (35.66%), Folate: 129.34µg (32.33%), Vitamin B2: 0.4mg (23.38%), Vitamin B3: 4.25mg (21.23%), Iron: 3.47mg (19.27%), Vitamin E: 1.81mg (12.03%), Phosphorus: 98.01mg (9.8%), Fiber: 2g (8.02%), Copper: 0.11mg (5.6%), Magnesium: 19.78mg (4.94%), Calcium: 38.94mg (3.89%), Vitamin B5: 0.39mg (3.87%), Zinc: 0.56mg (3.74%), Potassium: 122.87mg (3.51%), Vitamin B6: 0.05mg (2.27%), Vitamin B12: 0.1µg (1.62%)