



## Ultimate Sugar Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



196 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoons double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 3 cups flour all-purpose plus more for rolling
- ☐ 0.8 teaspoons kosher salt
- ☐ 1 cup sugar
- ☐ 1.5 cups butter unsalted chilled cut into 1/2" pieces ()
- ☐ 1 teaspoon vanilla extract

## Equipment

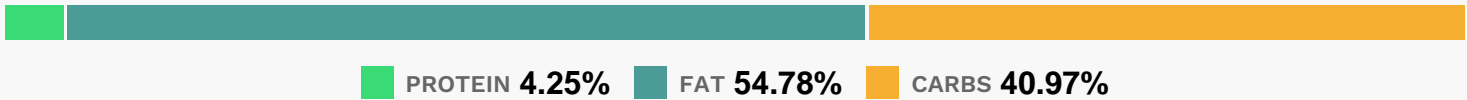
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ cookie cutter
- ☐ pastry bag
- ☐ offset spatula

## Directions

- ☐ Place racks in lower and upper thirds of oven; preheat to 325°F.
- ☐ Whisk salt, baking powder, and 3 cups flour in a small bowl. Using an electric mixer on high speed, beat butter and sugar until well combined (butter does not need to be fluffy), about 3 minutes.
- ☐ Add egg, egg yolk, and vanilla; beat just to combine. Reduce speed to low and gradually add dry ingredients; mix just to combine. Form dough into two 3/4"-thick disks; wrap in plastic. Chill at least 2 hours.
- ☐ Let 1 disk of dough sit at room temperature until softened slightly, about 5 minutes.
- ☐ Roll out on a lightly floured sheet of parchment paper until about 1/4" thick, dusting with flour as needed (if dough gets soft or sticky, chill on parchment until firm).
- ☐ Cut out shapes with floured cookie cutters; transfer to parchment-lined baking sheets.
- ☐ Bake cookies, rotating baking sheets halfway through, until edges are golden, 12–16 minutes, depending on size.
- ☐ Transfer to wire racks and let cool. Repeat with scraps and remaining dough.
- ☐ Decorate cooled cookies as desired.

- ☐ MAKE AHEAD: Cookie dough can be made 1 month ahead; freeze instead of chilling. Cookies can be baked (left undecorated) 2 weeks ahead; wrap tightly and freeze.
- ☐ find your inner picasso
- ☐ Painting sugar cookies is easier than it looks—once you master the icing.
- ☐ Using a pastry bag with a small plain tip, pipe a thin border of royal icing just inside the cookie's edge.
- ☐ Fill in with icing, working in concentric circles for rounds, top to bottom for squares. Use an offset spatula to smooth and fill in gaps.
- ☐ Let icing set until firm and dry, at least 2 hours.
- ☐ In a small bowl, combine about 1 teaspoon colored luster dust with a few drops of lemon extract, adding more extract as needed until the mixture is the consistency of thin paint. Use a small brush to paint designs onto the icing, blotting brush on paper towel as needed.

## Nutrition Facts



## Properties

Glycemic Index:9.88, Glycemic Load:14.46, Inflammation Score:-3, Nutrition Score:3.1182608474856%

## Nutrients (% of daily need)

Calories: 196.47kcal (9.82%), Fat: 12.07g (18.57%), Saturated Fat: 7.44g (46.53%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.89g (7.23%), Sugar: 8.4g (9.33%), Cholesterol: 45.9mg (15.3%), Sodium: 86.77mg (3.77%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.11g (4.22%), Selenium: 6.53µg (9.32%), Vitamin B1: 0.13mg (8.36%), Folate: 31.03µg (7.76%), Vitamin A: 376.01IU (7.52%), Vitamin B2: 0.1mg (5.71%), Manganese: 0.11mg (5.45%), Vitamin B3: 0.93mg (4.65%), Iron: 0.8mg (4.43%), Phosphorus: 29mg (2.9%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.29µg (1.95%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.38%), Vitamin B5: 0.14mg (1.37%), Calcium: 12.87mg (1.29%), Zinc: 0.17mg (1.11%), Magnesium: 4.05mg (1.01%)