



## Valentine's Sugar Cookie

 Vegetarian

READY IN



30 min.

SERVINGS



60

CALORIES



72 kcal

DESSERT

### Ingredients

- 8 oz butter unsalted at room temperature ( )
- 1.8 cups granulated sugar
- 1 large eggs
- 2 teaspoons vanilla extract
- 0.5 teaspoon salt
- 2.8 cups flour
- 1 serving coarse salt raw (for sprinkling, whether sanding or pearl or )

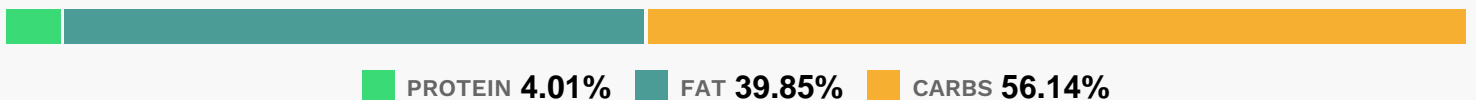
### Equipment

- bowl
- baking sheet
- baking paper
- oven
- cookie cutter
- stand mixer
- spatula

## Directions

- Preheat the oven to 350°F (176°C). Line a couple baking sheets with parchment paper.
- In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and granulated sugars until light and irresistibly fluffy.
- Add the egg and vanilla and mix until combined. Using a spatula, gently fold in the salt and flour just until combined.
- Roll the dough between a couple of pieces of parchment paper until it's about 1/2 inch thick.
- Remove the top piece of parchment and, using a 1 1/2-inch flower cookie cutter (or whatever shape you prefer), cut out cookies and place them on the prepared sheets, spacing them about 2 inches apart. (If you find the dough too soft to cut with a cookie cutter, transfer the dough, still sandwiched between the parchment paper, to the refrigerator for at least 30 minutes. Then try again.)
- Sprinkle the cookies with coarse sugar.
- Bake for 10 to 13 minutes, until the edges of the cookies just begin to brown.
- Let the cookies cool completely on wire racks before showering them upon your sweetie.

## Nutrition Facts



## Properties

Glycemic Index:2.42, Glycemic Load:7.24, Inflammation Score:-1, Nutrition Score:1.0352173952953%

## Nutrients (% of daily need)

Calories: 71.99kcal (3.6%), Fat: 3.22g (4.95%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 10.05g (3.66%), Sugar: 5.86g (6.51%), Cholesterol: 11.23mg (3.74%), Sodium: 24.39mg (1.06%), Alcohol: 0.05g (100%), Alcohol %: 0.36% (100%), Protein: 0.73g (1.46%), Selenium: 2.27µg (3.24%), Vitamin B1: 0.05mg (3.03%), Folate: 10.99µg (2.75%), Vitamin B2: 0.03mg (2.04%), Manganese: 0.04mg (2%), Vitamin A: 98.96IU (1.98%), Vitamin B3: 0.34mg (1.71%), Iron: 0.28mg (1.58%)