



## Vanilla Bean Sugar Cookies

READY IN



45 min.

SERVINGS



36

CALORIES



187 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup butter softened
- ☐ 36 servings silver and edible glitter white
- ☐ 1 large eggs lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 36 servings shortening
- ☐ 0.8 cup sugar
- ☐ 36 servings sparkling sugar white
- ☐ 1 vanilla pod

- ☐ 0.5 teaspoon vanilla extract
- ☐ 12 ounce chocolate morsels white divided

## Equipment

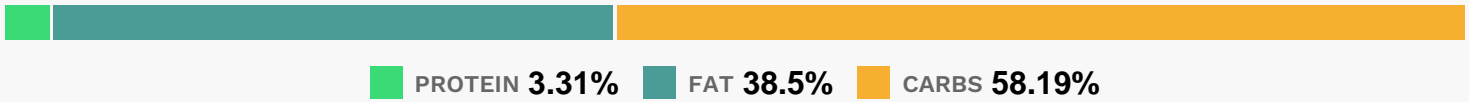
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ wax paper
- ☐ drinking straws

## Directions

- ☐ Cut vanilla bean in half lengthwise. Carefully scrape out seeds, using a small sharp knife. Set seeds aside.
- ☐ Beat butter in a large mixing bowl at medium speed of an electric mixer until creamy. Gradually add sugar and vanilla bean seeds, beating until light and fluffy.
- ☐ Add egg and vanilla extract, mixing well.
- ☐ Combine flour and salt; gradually add to butter mixture, beating until smooth. Shape dough into four discs. Wrap each in plastic wrap, and chill at least 1 hour.
- ☐ Roll each disc to 1/4" thickness on a lightly floured surface.
- ☐ Cut with 3" and 4" snowflake, star, angel, or Christmas tree cutters.
- ☐ Place on lightly greased cookie sheets.
- ☐ Bake at 350 for 8 to 10 minutes or until edges of cookies are lightly browned. Cool 1 minute on cookie sheets; remove to wire racks, and cool completely.

- ☐ Combine 1/2 cup white chocolate morsels and 1 tablespoon shortening in a 1-cup glass measure. Melt morsels according to package directions.
- ☐ Place cookies on a wire rack over wax paper.
- ☐ Pour or spread white chocolate mixture over each cookie, tilting cookie to coat completely.
- ☐ Sprinkle cookies with glitter and sparkling sugar.
- ☐ Let stand until frosting hardens. Repeat procedure with remaining white morsels, shortening, glitter, and sugar until all cookies are decorated.
- ☐ We used a 6" cooper snowflake cookie cutter to yeild 1 dozen big cookies that baked 12 minutes. Before baking, we poked holes in each cookie with a drinking straw. Once we decorated and dried them, we wrapped cookies in cellophane bags and tied them with ribbon. We taped each ribbon to the top of the mantel using masking tape, and then covered the tape with plastic bags and the bags with pots of poinsettias.

## Nutrition Facts



## Properties

Glycemic Index:9.31, Glycemic Load:19.5, Inflammation Score:-1, Nutrition Score:1.9656521780011%

## Nutrients (% of daily need)

Calories: 186.83kcal (9.34%), Fat: 8.15g (12.54%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 27.48g (9.99%), Sugar: 21.75g (24.16%), Cholesterol: 17.32mg (5.77%), Sodium: 57.4mg (2.5%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.58g (3.15%), Selenium: 3.64µg (5.21%), Vitamin B1: 0.07mg (4.55%), Vitamin B2: 0.08mg (4.49%), Folate: 15.75µg (3.94%), Phosphorus: 28.96mg (2.9%), Manganese: 0.06mg (2.76%), Vitamin B3: 0.53mg (2.67%), Vitamin A: 128.52IU (2.57%), Iron: 0.42mg (2.33%), Calcium: 22.08mg (2.21%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.75µg (1.67%), Vitamin B5: 0.13mg (1.25%), Vitamin B12: 0.07µg (1.22%), Potassium: 38.85mg (1.11%)