



Vanilla Sugar Cookies

 Vegetarian

READY IN



140 min.

SERVINGS



12

CALORIES



229 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose 11-ounces
- ☐ 0.5 cup granulated sugar 4-ounces
- ☐ 1 teaspoon salt
- ☐ 0.8 cup butter unsalted
- ☐ 1 teaspoon vanilla extract pure

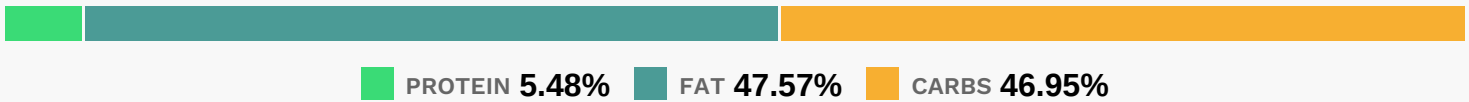
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ In a medium bowl, sift together the flour, salt, and baking powder. Set aside.
- ☐ In the bowl of a standing mixer fitted with a paddle attachment, combine the butter and sugar and beat on medium speed until light and fluffy.
- ☐ Add the egg and vanilla and beat until combined.
- ☐ Add the flour mixture in 2 batches, scraping down the bowl after each addition. Beat until the dough just comes together, being careful not to over mix.
- ☐ Turn out the dough onto a lightly floured surface. Form the dough into a ball, wrap it in plastic, and refrigerate for 30 minutes.
- ☐ Place the ball of dough between 2 pieces of parchment paper and roll out to 1/4-inch thick. Keeping the dough in the parchment, transfer to a cookie sheet and place in the refrigerator for at least 1 hour.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut out the cookies in the desired shapes and place on a half-sheet pan lined with parchment paper or an un-greased nonstick cookie sheet, at least 1-inch apart.
- ☐ Transfer to the freezer and chill for at least 15 minutes or until they are firm.
- ☐ Bake until the cookies are light golden brown, about 10 minutes.
- ☐ Let cookies cool completely on the sheets before decorating.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:19.32, Inflammation Score:-3, Nutrition Score:4.4734782783881%

Nutrients (% of daily need)

Calories: 229.37kcal (11.47%), Fat: 12.17g (18.72%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 26.36g (9.59%), Sugar: 8.45g (9.39%), Cholesterol: 46mg (15.33%), Sodium: 237.2mg (10.31%), Alcohol: 0.1g (100%), Alcohol %: 0.28% (100%), Protein: 3.16g (6.31%), Selenium: 9.71µg (13.87%), Vitamin B1: 0.19mg (12.88%), Folate: 46.86µg (11.72%), Vitamin B2: 0.15mg (8.58%), Manganese: 0.17mg (8.46%), Vitamin A: 377.05IU (7.54%), Vitamin B3: 1.45mg (7.23%), Iron: 1.25mg (6.92%), Phosphorus: 45.23mg (4.52%), Calcium: 29.21mg (2.92%), Fiber: 0.66g (2.63%), Vitamin E: 0.39mg (2.58%), Copper: 0.04mg (2.06%), Vitamin D: 0.3µg (1.97%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.24mg (1.59%), Magnesium: 6.27mg (1.57%), Vitamin K: 1.08µg (1.03%), Potassium: 35.93mg (1.03%), Vitamin B12: 0.06µg (1.02%)