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Off-to-Bed Butter Cookies ✦

Off-to-Bed Butter Cookies are a classic dessert enjoyed by people of all ages. These delicious cookies have a rich buttery flavor and a soft, melt-in-your-mouth texture. They are perfect for enjoying with a cup of tea or as a midnight snack before bed.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 15

Serving Size: 20 g

Ingredients

200 g	Butter
150 g	Sugar
300 g	All-Purpose Flour
2 tsp	vanilla extract
0.5 tsp	Salt

1 tsp Baking Powder

1 units Egg

Directions

Step 1

Mixing

In a mixing bowl, cream together the butter and sugar until light and fluffy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the egg and vanilla extract to the butter mixture and mix until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a separate bowl, whisk together the flour, salt, and baking powder.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

Gradually add the dry ingredients to the wet ingredients and mix until a dough forms.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Refrigerating

Cover the dough with plastic wrap and refrigerate for 1 hour.

Prep Time: 60 mins

Cook Time: 0 mins

Step 6

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Rolling

Roll the dough into small balls and place them on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Pressing

Flatten each ball with a fork to create a crisscross pattern.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Baking

Bake the cookies in the preheated oven for 10-12 minutes or until lightly golden brown around the edges.

Prep Time: 0 mins

Cook Time: 10 mins

Step 10

Cooling

Remove the cookies from the oven and let them cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 2 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	40 mg	1.18%	1.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Easter

New Year

Back to School

Picnic

Cuisines

Vietnamese

Course

Desserts

Breads

Snacks

Cultural

Cinco de Mayo

Diwali

Christmas

Demographics

Senior Friendly

Teen Friendly

Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Blood Type Diet

The F-Plan Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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