

Sunflower Butter Cookies

Recipe group	Additional name	Diet factors	Portions	Portion size
Baked Goods, American	Baking & Pastry	VG, NF	12	2.48 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3/4 cup	0 lb 6.68 oz	0%	0 lb 6.68 oz	Butter, Sunflower, salted	For Cookie Dough: Using a stand mixer with a paddle attachment, add all ingredients in step 1. Cream until combined.
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Non-Dairy Butter, Unsalted	
	1/2 cup	0 lb 3.55 oz	0%	0 lb 3.55 oz	Sugar, White, granulated	
	1/2 cup	0 lb 3.87 oz	0%	0 lb 3.88 oz	Sugar, Brown	



Add ingredients in step 1.



Cream ingredients.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Non-Dairy Milk, Soy, unsweetened	Add ingredients from step 2 to creamed ingredients in mixer and beat until smooth.
	2 tbsp	0 lb 1.08 oz	1%	0 lb 1.09 oz	Applesauce	
	1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Extract, Vanilla	



Mix in liquids.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/2 cup	0 lb 6.90 OZ	0%	0 lb 6.90 OZ	Flour, All-Purpose	Add ingredients from step 3 to ingredients in mixer and beat until fully combined and dough is formed.
	3/4 tsp	0 lb 0.13 OZ	0%	0 lb 0.13 OZ	Baking Soda	
	1/2 tsp	0 lb 0.07 OZ	0%	0 lb 0.07 OZ	Baking Powder	
	1/2 tsp	0 lb 0.05 OZ	0%	0 lb 0.05 OZ	Salt, Kosher	



Add dry ingredients.



Dough mixed.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	1/4 cup	0 lb 1.77 oz	0%	0 lb 1.78 Sugar, White, oz granulated	For Baking: Preheat oven to 350°F. Using #24 red scoop, portion cookie dough into balls. In a mixing bowl, add sugar from step 4 and roll each cookie dough ball in it to coat. Set each ball on a lined sheet pan one inch apart. Using a fork press the balls with two fork marks in a cross hatched pattern.



Roll dough in sugar.



Flatten with fork.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5					Bake in oven for 11-13 minutes until golden brown. Cool completely before transferring to serving trays or storage container.



Cookies baked.

RECIPE IMAGES



Sunflower Butter Cookies

ALLERGENS

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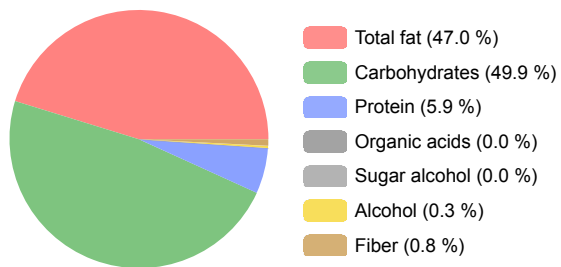
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NUTRITION INFORMATION

per portion

				Calories	RDI	Minerals			RDI		
Energy nutritives		RDI	% of energy	311.34 kcal	16 %	Salt	0.47 g		Vitamins		RDI
Total fat	16.56 g	21 %	47.04 %	1,302.64 kJ		Salt	0.66 %	8 %	Vitamin A	77.42 µg	9 %
Saturated	2.21 g	11 %	6.27 %			Sodium	186.09 mg	3 %	Vitamin D	0.04 µg	0 %
Monounsaturated	9.86 g		28.02 %			Phosphorus	136.53 mg	5 %	Thiamine	0.03 mg	2 %
Polyunsaturated	3.95 g		11.21 %			Potassium	146.33 mg	8 %	Riboflavin	0.05 mg	4 %
Trans fatty acids	1.41 g		4.01 %			Iron	0.95 mg	13 %	Niacin	1.29 mg	8 %
Cholesterol	0.00 mg	0 %				Calcium	32.48 mg	0 %	Vitamin B6	0.10 mg	6 %
Linolenic acid	3.70 g		10.52 %			Zinc	0.89 mg	40 %	Vitamin B12	0.05 µg	2 %
Alpha-linolenic acid	7.89 mg		0.02 %			Magnesium	54.53 mg	32 %	Folate	0.00 µg	0 %
Total Carbohydrate	38.22 g	14 %	49.88 %			Iodine	0.00 µg		Vitamin C	0.47 mg	1 %
Sugars total	23.44 g	47 %				Selenium	22.20 µg		Vitamin E	4.48 mg	30 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.29 mg		Vitamin K	8.85 µg	7 %
Lactose	0.00 g								Others		
Fiber	1.39 g	5 %	0.85 %						Water		9.47 g
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.13 g		0.17 %								
Protein	4.54 g	9 %	5.93 %								
Alcohol	0.12 g		0.28 %								

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.