



## Banana Flip Cookies

READY IN



100 min.

SERVINGS



16

CALORIES



201 kcal

DESSERT

### Ingredients

- 0.3 cup yogurt fat free 99% yoplait® (from 6-oz container)
- 0.3 cup banana ripe mashed
- 0.5 cup butter softened
- 0.3 cup cream cheese softened
- 1 eggs
- 2 tablespoons flour all-purpose gold medal®
- 1 tablespoon powdered sugar
- 1 pouch sugar cookie mix betty crocker® (1 lb 1.5 oz)
- 1 teaspoon vanilla

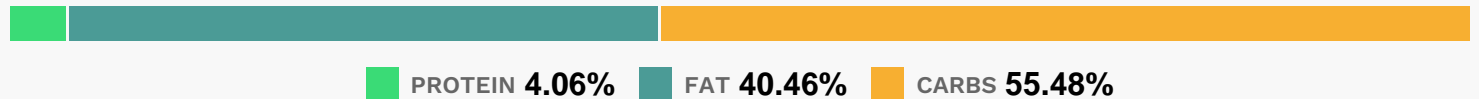
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 375°F. In large bowl, stir banana, 1/3 cup butter, the cream cheese, vanilla and egg until well blended.
- Add cookie mix and flour; stir until soft dough forms.
- With medium cookie scoop or by heaping tablespoonfuls, scoop dough 2 inches apart onto ungreased cookie sheets.
- Bake 7 to 9 minutes or until edges begin to brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.
- In large bowl, beat filling ingredients with electric mixer on low speed until blended. Beat on high speed about 2 minutes or until lightly and fluffy.
- To make each sandwich cookie, spread about 1 tablespoon filling on bottoms of 16 cookies. Top each with one of the remaining cookies; gently press cookies together.
- Sprinkle tops of sandwich cookies with powdered sugar. Store between sheets of waxed paper in tightly covered container in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:10.99, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:1.3499999739554%

## Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg

## Nutrients (% of daily need)

Calories: 201.12kcal (10.06%), Fat: 9.05g (13.93%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 27.82g (10.12%), Sugar: 15.67g (17.41%), Cholesterol: 14.48mg (4.83%), Sodium: 172.93mg (7.52%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Protein: 2.04g (4.09%), Vitamin A: 323.28IU (6.47%), Vitamin B2: 0.05mg (2.85%), Folate: 9.34µg (2.34%), Selenium: 1.61µg (2.31%), Vitamin B1: 0.03mg (2.07%), Vitamin E: 0.29mg (1.91%), Phosphorus: 17.44mg (1.74%), Calcium: 13.61mg (1.36%), Iron: 0.22mg (1.21%), Vitamin B3: 0.21mg (1.06%), Vitamin B6: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.03%)