



## Berries and Crème Sandwich Cookies

READY IN



75 min.

SERVINGS



20

CALORIES



230 kcal

DESSERT

### Ingredients

- 17.5 oz sugar cookie mix
- 0.3 cup butter softened
- 1 eggs
- 3 tablespoons flour all-purpose
- 0.8 cup blackberries fresh sliced
- 16 oz cream cheese frosting
- 1 serving powdered sugar

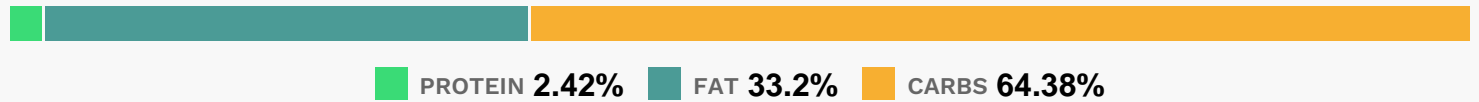
### Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 375°F. In large bowl, stir cookie mix, softened butter, egg and flour until soft dough forms.
- Gently fold in strawberries and blackberries. Drop by about 40 two-level-teaspoonful portions 2 inches apart on ungreased cookie sheet.
- Bake 8 to 10 minutes or until cookies are set. Cool 1 to 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
- Spread bottom of 1 cookie with frosting. Top with another cookie, bottom side down. Do not press together.
- Sprinkle with powdered sugar. Repeat to use up cookies.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.0782608597175%

## Flavonoids

Cyanidin: 5.4mg, Cyanidin: 5.4mg, Cyanidin: 5.4mg, Cyanidin: 5.4mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 229.83kcal (11.49%), Fat: 8.58g (13.2%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 37.43g (12.48%), Net Carbohydrates: 37.11g (13.5%), Sugar: 26.59g (29.54%), Cholesterol: 16.32mg (5.44%), Sodium: 141.72mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin A: 117.98IU (2.36%), Manganese: 0.05mg (2.31%), Folate: 8.53µg (2.13%), Selenium: 1.23µg (1.76%), Vitamin B1: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.66%), Iron: 0.25mg (1.39%), Vitamin C: 1.13mg (1.37%), Vitamin K: 1.34µg (1.28%), Fiber: 0.32g (1.27%), Vitamin E: 0.17mg (1.16%), Vitamin B3: 0.21mg (1.03%)