



Berries and Crème Sandwich Cookies

READY IN



75 min.

SERVINGS



20

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 0.8 cup blackberries fresh sliced
- ☐ 0.3 cup butter softened
- ☐ 1 container cream cheese frosting
- ☐ 1 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 20 servings powdered sugar
- ☐ 1 pouch sugar cookie mix

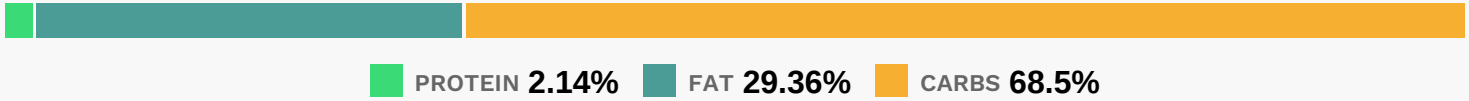
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375F. 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:1.0878260809442%

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: 259.25kcal (12.96%), Fat: 8.57g (13.19%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 44.67g (16.24%), Sugar: 34g (37.78%), Cholesterol: 16.32mg (5.44%), Sodium: 141.8mg (6.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin A: 117.98IU (2.36%), Manganese: 0.05mg (2.32%), Folate: 8.52µg (2.13%), Selenium: 1.28µg (1.82%), Vitamin B2: 0.03mg (1.74%), Vitamin B1: 0.03mg (1.72%), Iron: 0.26mg (1.42%), 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%)