



Birthday Party Cookie Pops

READY IN



175 min.

SERVINGS



24

CALORIES



248 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 24 celery stalks (with round ends)
- 1 eggs
- 2 tablespoons flour all-purpose
- 24 servings chocolate icing
- 0.3 cup m&m candies
- 1 pouch sugar cookie mix

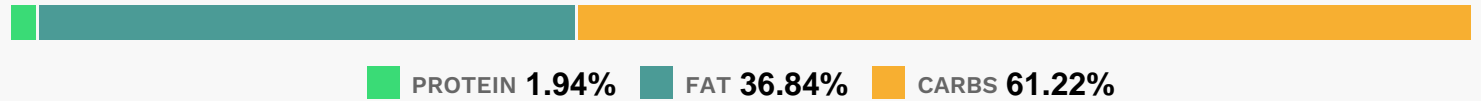
Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- cookie cutter

Directions

- In medium bowl, stir cookie mix, flour, butter and egg until dough forms. Shape dough into a ball; flatten slightly. Wrap dough in plastic wrap; refrigerate 1 hour or until firm.
- Heat oven to 375F. On lightly floured surface, roll dough to 1/4-inch thickness.
- Cut with 3-inch party hat-shaped cookie cutter. On ungreased cookie sheets, place cutouts 2 inches apart. Insert 1 craft stick halfway into center of each cookie.
- Bake 8 to 10 minutes or until edges are lightly browned. Cool 5 minutes; remove from cookie sheets to cooling racks. Cool completely. Decorate cookies with icing and candy sprinkles.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:8.54, Inflammation Score:-1, Nutrition Score:1.3621739058391%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 248.48kcal (12.42%), Fat: 10.18g (15.66%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 37.93g (13.79%), Sugar: 28.68g (31.86%), Cholesterol: 17.31mg (5.77%), Sodium: 148.26mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin B2: 0.11mg (6.29%), Vitamin K: 5.15µg (4.91%), Vitamin E: 0.57mg (3.79%), Vitamin A: 150.9IU (3.02%), Folate: 9.13µg (2.28%), Vitamin B1: 0.02mg (1.46%), Selenium: 0.87µg (1.24%), Iron: 0.22mg (1.2%), Phosphorus: 11.44mg (1.14%)