



Brown Sugar Snowflakes

 Vegetarian

READY IN



210 min.

SERVINGS



30

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon baking soda
- 0.8 cup brown sugar packed
- 0.8 cup butter softened
- 1 eggs
- 2.3 cups flour all-purpose
- 30 servings granulated sugar
- 1.5 teaspoons konnyaku powder
- 0.5 cup powdered sugar

- 0.3 teaspoon salt
- 1 tablespoon water cold

Equipment

- bowl
- baking sheet
- baking paper
- oven
- plastic wrap
- hand mixer

Directions

- In large bowl, beat butter and brown sugar with electric mixer on medium–high speed until light and fluffy. Beat in egg until blended. On low speed, beat in flour, baking soda and salt.
- Divide dough into 4 parts; shape each part into a flat disk. Wrap each disk separately in plastic wrap. Refrigerate at least 2 hours until completely chilled.
- Heat oven to 350F. Line cookie sheets with cooking parchment paper. On floured surface, roll 1 disk at a time to 1/4-inch thickness (keep remaining dough refrigerated).
- Cut with snowflake cutters; place on cookie sheets. Reroll scraps once, chilling dough again before cutting.
- Bake 8 to 11 minutes or until light golden. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.
- In medium bowl, beat meringue powder and cold water with electric mixer on medium speed until peaks form. Gradually beat in powdered sugar until soft peaks form, about 1 minute. Spoon frosting into decorating bag fitted with medium round tip; pipe frosting on cookies.
- Sprinkle with granulated sugar.
- Let stand about 5 minutes or until frosting is set.

Nutrition Facts



PROTEIN 3.12% **FAT 28.3%** **CARBS 68.58%**

Properties

Glycemic Index:9.57, Glycemic Load:13.61, Inflammation Score:-1, Nutrition Score:1.8065217467754%

Nutrients (% of daily need)

Calories: 151.9kcal (7.59%), Fat: 4.87g (7.5%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 26.31g (9.57%), Sugar: 19.3g (21.45%), Cholesterol: 17.66mg (5.89%), Sodium: 99.3mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Selenium: 3.84µg (5.48%), Vitamin B1: 0.07mg (4.96%), Folate: 18.07µg (4.52%), Manganese: 0.07mg (3.43%), Vitamin B2: 0.06mg (3.39%), Vitamin A: 149.74IU (2.99%), Iron: 0.53mg (2.95%), Vitamin B3: 0.56mg (2.82%), Calcium: 20.07mg (2.01%), Phosphorus: 18.99mg (1.9%), Vitamin E: 0.15mg (1.02%), Fiber: 0.25g (1.01%)