



Butterfly Cookie Pops

 Dairy Free

READY IN



145 min.

SERVINGS



18

CALORIES



294 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- 2 tablespoons sprinkles
- 18 you will also need: parchment paper
- 4.3 oz chocolate icing
- 4.3 oz plums
- 7 oz chocolate icing white
- 7 oz chocolate icing blue

1 serving sprinkles

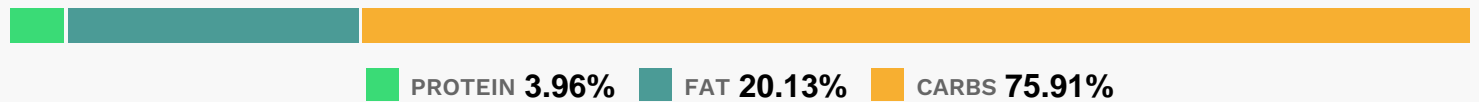
Equipment

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

Directions

- In large bowl, stir cookie mix, flour, butter, egg and 2 tablespoons candy sprinkles until dough forms. Shape dough into a ball; flatten slightly. Wrap dough in plastic wrap; refrigerate 1 hour or until firm.
- Heat oven to 375°F. On lightly floured surface, roll dough to 1/4-inch thickness.
- Cut with 3-inch butterfly-shaped cookie cutters. On ungreased cookie sheets, place cutouts 2 inches apart. Insert 1 lollipop stick halfway into center of each cookie.
- Bake 12 to 13 minutes or until edges are golden brown. Cool 5 minutes; remove from cookie sheets to cooling racks. Cool completely. Decorate cookies with icings and candy sprinkles.
- Let stand until set.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:8.65, Inflammation Score:-1, Nutrition Score:2.9204347391167%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg
Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,
Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin:
0.06mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 294.1kcal (14.7%), Fat: 6.54g (10.06%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 55.52g (18.51%), Net
Carbohydrates: 55.08g (20.03%), Sugar: 33.13g (36.81%), Cholesterol: 1.71mg (0.57%), Sodium: 240.37mg (10.45%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin B2: 0.17mg (9.99%), Vitamin B1: 0.12mg
(7.99%), Selenium: 5.39µg (7.7%), Manganese: 0.12mg (6.24%), Vitamin B3: 1.23mg (6.16%), Folate: 23.38µg (5.85%),
Iron: 0.8mg (4.42%), Vitamin K: 4.16µg (3.97%), Vitamin E: 0.46mg (3.05%), Phosphorus: 21.63mg (2.16%), Fiber:
0.44g (1.75%), Copper: 0.03mg (1.59%), Magnesium: 4.56mg (1.14%), Zinc: 0.16mg (1.08%), Potassium: 35.89mg
(1.03%), Calcium: 10.19mg (1.02%)