



Butterfly Cookie Pops

READY IN



145 min.

SERVINGS



18

CALORIES



447 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 4.3 oz chocolate icing
- ☐ 4.3 oz chocolate icing
- ☐ 7 oz chocolate icing blue
- ☐ 7 oz chocolate icing white
- ☐ 2 tablespoons m&m candies
- ☐ 18 servings m&m candies

- ☐ 18 you will also need: parchment paper
- ☐ 1 pouch sugar cookie mix

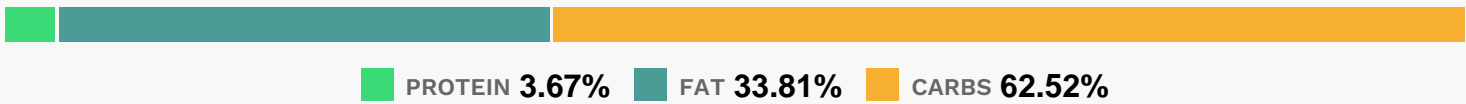
Equipment

- ☐ 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 375F. 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:16.5, Glycemic Load:10.81, Inflammation Score:-2, Nutrition Score:3.7243479292678%

Nutrients (% of daily need)

Calories: 446.97kcal (22.35%), Fat: 16.76g (25.78%), Saturated Fat: 6.83g (42.68%), Carbohydrates: 69.73g (23.24%), Net Carbohydrates: 68.91g (25.06%), Sugar: 45.57g (50.63%), Cholesterol: 26.86mg (8.95%), Sodium:

307.96mg (13.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin B2: 0.21mg (12.1%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.13mg (8.43%), Folate: 26.45µg (6.61%), Manganese: 0.13mg (6.38%), Vitamin B3: 1.27mg (6.36%), Iron: 1.08mg (6.01%), Vitamin K: 5.06µg (4.82%), Vitamin E: 0.71mg (4.76%), Vitamin A: 210.72IU (4.21%), Fiber: 0.81g (3.26%), Calcium: 32.31mg (3.23%), Phosphorus: 29.02mg (2.9%), Copper: 0.03mg (1.54%), Zinc: 0.2mg (1.35%), Magnesium: 4.76mg (1.19%)