



Candy Cane Cookies

 Popular

READY IN



360 min.

SERVINGS



54

CALORIES



67 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup butter softened
- ☐ 1 eggs
- ☐ 3.5 cups flour all-purpose gold medal®
- ☐ 0.5 cup milk
- ☐ 2 tablespoons peppermint candies crushed finely
- ☐ 1 teaspoon peppermint extract
- ☐ 0.5 teaspoon food coloring red

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla

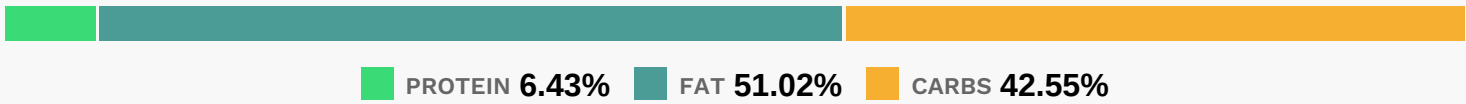
Equipment

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

Directions

- ☐ Stir together 1 cup sugar, the butter, milk, vanilla, peppermint extract and egg in large bowl. Stir in flour, baking powder and salt. Divide dough in half. Stir food color into 1 half. Cover and refrigerate at least 4 hours.
- ☐ Heat oven to 375°F.
- ☐ Stir together peppermint candy and 2 tablespoon sugar; set aside.
- ☐ For each candy cane, shape 1 rounded teaspoon dough from each half into 4-inch rope by rolling back and forth on floured surface.
- ☐ Place 1 red and white rope side by side; press together lightly and twist.
- ☐ Place on ungreased cookie sheet; curve top of cookie down to form handle of cane.
- ☐ Bake 9 to 12 minutes or until set and very light brown. Immediately sprinkle candy mixture over cookies.
- ☐ Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:4.84, Inflammation Score:-2, Nutrition Score:1.4886956542082%

Nutrients (% of daily need)

Calories: 67.39kcal (3.37%), Fat: 3.8g (5.85%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.92g (2.52%), Sugar: 0.91g (1.01%), Cholesterol: 3.3mg (1.1%), Sodium: 60.79mg (2.64%), Alcohol: 0.05g (100%), Alcohol %: 0.39% (100%), Protein: 1.08g (2.16%), Vitamin B1: 0.07mg (4.38%), Selenium: 3.04µg (4.35%), Folate: 15.25µg (3.81%), Vitamin A: 158.43IU (3.17%), Vitamin B2: 0.05mg (2.86%), Manganese: 0.06mg (2.8%), Vitamin B3: 0.48mg (2.41%), Iron: 0.4mg (2.22%), Phosphorus: 15.24mg (1.52%), Calcium: 10.91mg (1.09%)