



## Candy Cane Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



80

CALORIES



49 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 lb butter at room temperature
- 2 large egg yolk
- 3 cups flour all-purpose
- 5 tablespoons milk
- 0.3 teaspoon peppermint extract
- 80 servings food coloring red
- 0.3 teaspoon salt

- 1 cup sugar
- 1 teaspoon vanilla

## Equipment

- bowl
- baking sheet
- oven
- knife
- mixing bowl
- hand mixer

## Directions

- In a large bowl, with an electric mixer on high speed, beat butter and sugar until smooth; beat in egg yolks.
- In another bowl, mix flour, baking powder, and salt. In a small bowl, combine milk, vanilla, and peppermint extract. Stir flour mixture into butter mixture alternately with milk mixture, blending thoroughly after each addition.
- Divide dough in half. Leave one half in the mixing bowl and stir in a few drops of red food coloring.
- Divide each half of dough in half again (four portions total); wrap dough portions in waxed paper or cooking parchment and chill until firm but still pliable, about 1 hour.
- Unwrap dough and roll each of the four pieces into a smooth rope about 15 inches long. Twist each white rope with a red rope into a 13-inch-long combined rope (for a total of two ropes). Wrap twisted rolls in waxed paper; chill until firm, at least 4 hours, or up to 1 week (see notes).
- Unwrap dough. Using a sharp knife, cut rolls into 1/8-inch-thick slices; place slices about 1 inch apart on buttered 12- by 15-inch baking sheets.
- Bake cookies in a 350 oven until light golden, about 10 minutes; transfer to racks to cool completely.

## Nutrition Facts



■ PROTEIN 4.89% ■ FAT 45.29% ■ CARBS 49.82%

## Properties

Glycemic Index:4.06, Glycemic Load:4.39, Inflammation Score:-1, Nutrition Score:0.92086956164111%

## Nutrients (% of daily need)

Calories: 49.2kcal (2.46%), Fat: 2.5g (3.84%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 6.05g (2.2%), Sugar: 2.56g (2.85%), Cholesterol: 10.8mg (3.6%), Sodium: 42.08mg (1.83%), Alcohol: 0.02g (100%), Alcohol %: 0.22% (100%), Protein: 0.61g (1.21%), Selenium: 1.89µg (2.7%), Vitamin B1: 0.04mg (2.55%), Folate: 9.28µg (2.32%), Vitamin B2: 0.03mg (1.66%), Manganese: 0.03mg (1.63%), Vitamin A: 78.49IU (1.57%), Vitamin B3: 0.28mg (1.4%), Iron: 0.25mg (1.38%), Calcium: 11.94mg (1.19%), Phosphorus: 11.64mg (1.16%)