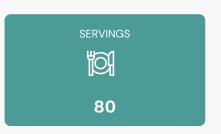


Candy Cane Cookies

Vegetarian







DESSERT

Ingredients

0.3 teaspoon salt

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

	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

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%)