

 food
network

Candy Cane Cookies

READY IN



47 min.

SERVINGS



25

CALORIES



106 kcal

DESSERT

Ingredients

- 0.5 stick butter melted
- 0.3 cup cream cheese softened
- 1 eggs
- 0.5 cup flour all-purpose for surface
- 1.5 teaspoons peppermint extract
- 25 servings food coloring red
- 1 box sugar cookie mix

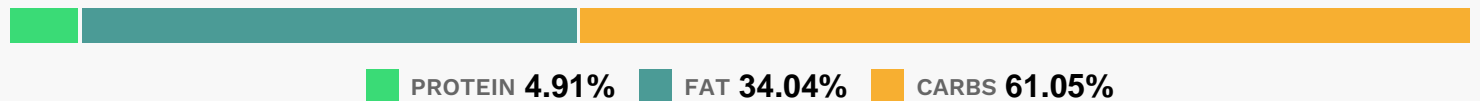
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 325 degrees F.
- In a bowl, combine sugar cookie mix, melted butter, egg, cream cheese, and flour; mix together to form dough. Separate dough into 2 equal portions and place in 2 different bowls.
- Add red food coloring gradually to 1 bowl of dough, kneading together until desired shade of red is created. To second bowl of uncolored dough, add peppermint extract and knead together. On a floured work surface, shape each dough into balls and then roll each ball into 1/4-inch-wide ropes, each about 6 inches long. For each cookie, carefully twist some of the red and white ropes of dough together and shape into a candy cane.
- Spread candy canes out on cookie sheets and bake on the top shelf of the oven for about 10 to 12 minutes.
- Transfer to a rack to cool before serving.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:0.84217391389868%

Nutrients (% of daily need)

Calories: 105.9kcal (5.29%), Fat: 3.98g (6.13%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 16.01g (5.82%), Sugar: 8.05g (8.94%), Cholesterol: 14.46mg (4.82%), Sodium: 75.18mg (3.27%), Alcohol: 0.08g (100%), Alcohol %: 0.38% (100%), Protein: 1.29g (2.58%), Selenium: 1.67µg (2.39%), Vitamin A: 106.63IU (2.13%), Folate: 8.46µg (2.12%), Vitamin B1: 0.03mg (2.09%), Vitamin B2: 0.03mg (2.01%), Iron: 0.21mg (1.18%), Vitamin B3: 0.22mg (1.11%)