



Candy Cane Cookies I

READY IN



45 min.

SERVINGS



24

CALORIES



142 kcal

DESSERT

Ingredients

- 1.5 teaspoons almond extract
- 0.5 cup butter
- 1 cup confectioners' sugar sifted
- 1 eggs
- 2.5 cups flour all-purpose sifted
- 0.5 teaspoon food coloring red
- 1 teaspoon salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract

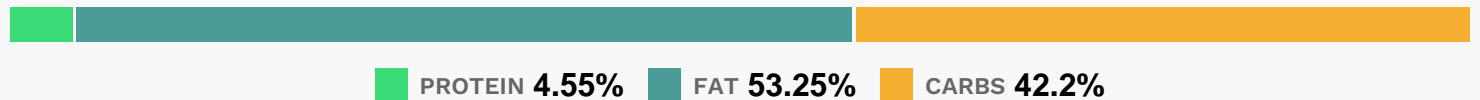
Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F (180 degrees C).
- Mix well the shortening and butter, sugar, egg, almond and vanilla. In a separate bowl, mix flour and salt and add to shortening mixture. Divide dough in half.
- Blend red food coloring into one half.
- Roll 1 teaspoon of the red dough and 1 teaspoon of the white dough on lightly floured board into 4 inch strips.
- Place strips side by side and press lightly together and twist like a rope. Curve top of rope down to look like the handle of a candy cane.
- Bake 9 minutes or until lightly browned.
- Remove while still warm.
- Sprinkle with 1/2 cup crushed peppermint stick candy and 1/2 cup sugar (optional).

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:7.19, Inflammation Score:-2, Nutrition Score:2.3373912799618%

Nutrients (% of daily need)

Calories: 142.33kcal (7.12%), Fat: 8.41g (12.94%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 14.64g (5.32%), Sugar: 4.99g (5.54%), Cholesterol: 16.99mg (5.66%), Sodium: 130.48mg (5.67%), Alcohol: 0.14g (100%), Alcohol %: 0.61% (100%), Protein: 1.62g (3.23%), Selenium: 5.05µg (7.22%), Vitamin B1: 0.1mg (6.94%), Folate: 24.83µg (6.21%), Manganese: 0.09mg (4.54%), Vitamin B2: 0.08mg (4.45%), Vitamin B3: 0.77mg (3.87%), Iron: 0.64mg (3.58%), Vitamin E: 0.4mg (2.66%), Vitamin A: 128.08IU (2.56%), Vitamin K: 2.65µg (2.52%), Phosphorus: 18.85mg (1.89%), Fiber: 0.35g (1.41%), Vitamin B5: 0.12mg (1.2%), Copper: 0.02mg (1.04%)