

Captain America Shield Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



318 kcal

DESSERT

Ingredients

- 2 cups candy melts red
- 2 tsp coconut oil
- 3 grands flaky refrigerator biscuits (2 inch in diameter, 1.5 inch in diameter, and another 0.5 inch in diameter)
- 12 servings grands flaky refrigerator biscuits
- 12 servings cornstarch
- 3 oz round cake blue store-bought
- 6 oz round cake white store-bought
- 12 large sugar (shape of a large circle, 3 inches in diameter)

12 servings vanilla

Equipment

baking sheet

cookie cutter

wax paper

microwave

Directions

Line a baking sheet with wax paper. Microwave your candy and coconut oil in 30-second intervals until completely melted.

Mix thoroughly.

Using a fork, dip each sugar cookie into the melted candy and set carefully on lined baking sheet. Allow to set in the refrigerator for about one hour.

Dust a clean working surface with cornstarch and start rolling out your fondant.

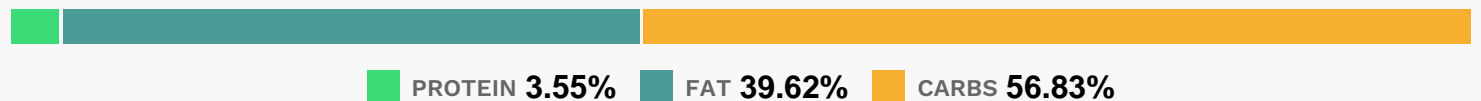
Cut your white fondant with the largest cookie cutter and then using the 1.5 inch cookie cutter, cut a hole in the middle of it.

Using your smallest circular cookie cutter, cut out blue fondant circles.

Cut star shapes from the white fondant and use buttercream to glue it onto your blue fondant circles.

Once the coated cookies are set, remove them fridge and start assembling. Using your buttercream as the glue, place your large white circle, then the blue one (with the star). Enjoy!

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:12.9, Inflammation Score:-1, Nutrition Score:3.8447826086957%

Nutrients (% of daily need)

Calories: 318.08kcal (15.9%), Fat: 13.83g (21.28%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 44.13g (16.05%), Sugar: 25.69g (28.54%), Cholesterol: 21.69mg (7.23%), Sodium: 257.27mg (11.19%), Alcohol: 0.34g (1.91%), Protein: 2.79g (5.58%), Vitamin B1: 0.16mg (10.63%), Vitamin B2: 0.15mg (9.07%), Manganese: 0.18mg (8.9%), Folate: 34.7µg (8.67%), Iron: 1.49mg (8.3%), Vitamin B3: 1.42mg (7.08%), Selenium: 3.86µg (5.51%), Vitamin E: 0.8mg (5.31%), Phosphorus: 49.45mg (4.94%), Vitamin K: 3.4µg (3.24%), Copper: 0.04mg (2.1%), Fiber: 0.51g (2.05%), Vitamin B5: 0.19mg (1.94%), Calcium: 19mg (1.9%), Zinc: 0.26mg (1.73%), Magnesium: 6.76mg (1.69%), Vitamin B6: 0.03mg (1.65%), Potassium: 49.42mg (1.41%), Vitamin A: 58.97IU (1.18%)