



## Chocolate Holiday Bears

 Dairy Free

READY IN



49 min.

SERVINGS



49

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tsp baking soda
- 0.8 cup brown sugar packed
- 0.8 cup butter softened
- 1 eggs
- 1.8 cups flour
- 3.9 oz jell-o chocolate flavor pudding instant
- 49 servings decorations: candies assorted jet-puffed miniature
- 3 oz baker's semi-sweet chocolate

## Equipment

- bowl
- baking sheet
- oven
- blender
- cookie cutter

## Directions

- Heat oven to 350F.
- Beat first 4 ingredients in large bowl with mixer until blended.
- Mix flour and baking soda; gradually add to pudding mixture, beating well after each addition. Shape into ball.
- Roll out dough on lightly floured surface to 1/4-inch thickness.
- Cut out dough using 4-inch bear-shaped cookie cutter; place, 2 inches apart, on baking sheets sprayed with cooking spray. Reroll scraps and use to cut additional cookies. Decorate with small candies, raisins or sprinkles for eyes, mouth and buttons, pressing decorations lightly into dough to secure.
- Bake 12 to 14 min. or until slightly firm.
- Let stand on baking sheets 2 min.; remove to wire racks. Cool completely.
- Melt chocolate; spread onto bottom halves of bears for the pants or skirts. Use remaining chocolate to attach remaining decorations.
- Let stand until chocolate is firm.

## Nutrition Facts



**PROTEIN 3%** **FAT 19.04%** **CARBS 77.96%**

## Properties

Glycemic Index:2.77, Glycemic Load:17.2, Inflammation Score:-1, Nutrition Score:1.4213043361416%

## Nutrients (% of daily need)

Calories: 169.29kcal (8.46%), Fat: 3.69g (5.68%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 33.66g (12.24%), Sugar: 22.73g (25.26%), Cholesterol: 3.44mg (1.15%), Sodium: 117.17mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Selenium: 2.54µg (3.63%), Copper: 0.07mg (3.37%), Manganese: 0.07mg (3.33%), Vitamin A: 130IU (2.6%), Iron: 0.45mg (2.53%), Vitamin B1: 0.04mg (2.46%), Folate: 9.03µg (2.26%), Vitamin B2: 0.03mg (1.75%), Phosphorus: 16.07mg (1.61%), Vitamin B3: 0.31mg (1.56%), Magnesium: 6.17mg (1.54%), Fiber: 0.37g (1.48%)