



Chocolate Mummy Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



377 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 16 oz vanilla frosting
- ☐ 12 small gourmet jelly beans cut in half
- ☐ 0.7 oz decorating gel black

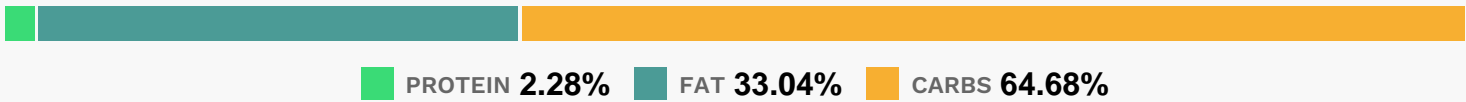
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir together cookie mix and cocoa.
- ☐ Add butter and egg; stir until soft dough forms.
- ☐ On floured surface, roll dough to 1/4-inch thickness.
- ☐ Cut with 5-inch gingerbread man cutter. On ungreased cookie sheet, place 1 inch apart. Gather dough scraps; reroll until all dough is used.
- ☐ Bake 7 to 9 minutes or until cookies are just puffed and tops are dry. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.
- ☐ Spoon frosting into reasealable freezer plastic bag; partially seal bag and cut 1/4-inch hole in 1 bottom corner. Or use decorating bag with flat tip with 1/4-inch-wide opening (#44). Gently squeeze bag to pipe frosting on cookies for bandages. Attach jelly beans for eyes; use black gel to make pupils in eyes. Store cookies in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:11.04, Inflammation Score:-2, Nutrition Score:2.0508695667529%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 377.04kcal (18.85%), Fat: 13.9g (21.38%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 60.89g (22.14%), Sugar: 43.83g (48.7%), Cholesterol: 13.64mg (4.55%), Sodium: 253.06mg (11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin B2: 0.15mg (8.79%), Vitamin E: 0.81mg (5.42%), Vitamin A: 245.35IU (4.91%), Vitamin K: 4.95µg (4.71%), Folate: 11.69µg (2.92%), Phosphorus: 21.67mg (2.17%), Iron: 0.39mg (2.17%), Vitamin B1: 0.03mg (2.09%), Selenium: 1.29µg (1.85%), Copper: 0.03mg (1.73%), Manganese: 0.03mg (1.67%), Vitamin B3: 0.27mg (1.35%), Magnesium: 5.19mg (1.3%), Fiber: 0.31g (1.24%)