



Christmas Cookie Sticks

READY IN



60 min.

SERVINGS



20

CALORIES



279 kcal

DESSERT

Ingredients

- ☐ 1.5 cups powdered sugar
- ☐ 1 cup butter softened
- ☐ 0.1 ounce liquid malt extract unsweetened soft
- ☐ 1 teaspoon vanilla
- ☐ 1 eggs
- ☐ 2.7 cups flour all-purpose
- ☐ 1 teaspoon cream of tartar
- ☐ 16 oz vanilla frosting
- ☐ 1 serving sprinkles assorted

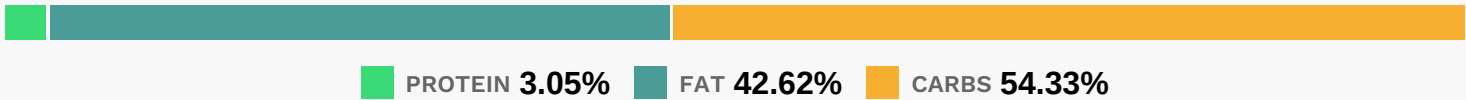
Equipment

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

Directions

- ☐ Mix powdered sugar, butter, soft drink mix, vanilla and egg in large bowl with spoon. Stir in flour and cream of tartar. Cover and refrigerate at least 30 minutes.
- ☐ Heat oven to 375°F. Divide dough into 20 pieces.
- ☐ Roll each piece into 6-inch log, using lightly floured hands.
- ☐ Place about 2 inches apart on ungreased cookie sheet.
- ☐ Bake 8 to 9 minutes or until firm. Cool 2 minutes; remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ Spread tips of cookies with frosting.
- ☐ Sprinkle with candies.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:15.82, Inflammation Score:-4, Nutrition Score:3.5791304421652%

Nutrients (% of daily need)

Calories: 279.16kcal (13.96%), Fat: 13.23g (20.35%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 37.5g (13.63%), Sugar: 23.74g (26.38%), Cholesterol: 8.23mg (2.74%), Sodium: 153.3mg (6.67%), Alcohol: 0.07g (100%), Alcohol %: 0.14% (100%), Protein: 2.13g (4.26%), Vitamin B2: 0.17mg (9.93%), Selenium: 6.43µg (9.19%), Vitamin B1: 0.14mg (9.08%), Folate: 33.55µg (8.39%), Vitamin A: 418.31IU (8.37%), Manganese: 0.12mg (5.79%), Vitamin B3: 1.05mg (5.25%), Vitamin E: 0.73mg (4.88%), Iron: 0.86mg (4.78%), Phosphorus: 29.78mg (2.98%), Vitamin K: 3.02µg (2.87%), Fiber: 0.45g (1.8%), Potassium: 60.08mg (1.72%), Copper: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.3%), Magnesium: 4.71mg (1.18%), Zinc: 0.16mg (1.1%)