



## Classic Spritz Cookies

 Vegetarian

READY IN



75 min.

SERVINGS



72

CALORIES



46 kcal

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 1 cup butter softened
- 1 eggs
- 2.3 cups flour all-purpose
- 72 servings purple gel food coloring
- 72 servings fruit jell-o® mix finely chopped
- 0.3 teaspoon salt
- 0.5 cup sugar

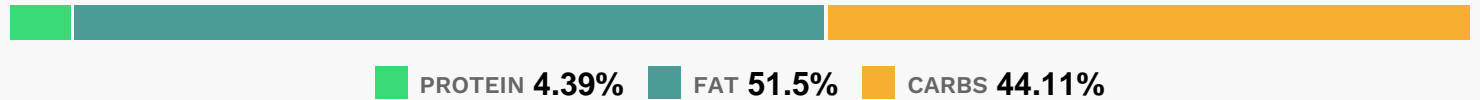
## Equipment

- bowl
- baking sheet
- oven
- wire rack
- hand mixer

## Directions

- Heat oven to 400F. Beat butter and sugar in large bowl with electric mixer on medium speed, or mix with spoon. Stir in flour, salt, egg, almond extract and a few drops of food color.
- Place dough in cookie press. Form desired shapes on ungreased cookie sheet. Decorate with currants.
- Bake 5 to 8 minutes or until set but not brown. Immediately remove from cookie sheet to wire rack. To decorate cookies after baking, use a drop of corn syrup to attach decorations to cookies.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:3.13, Inflammation Score:-1, Nutrition Score:0.73521739042%

## Nutrients (% of daily need)

Calories: 46.1kcal (2.3%), Fat: 2.66g (4.09%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.97g (1.81%), Sugar: 1.88g (2.09%), Cholesterol: 9.05mg (3.02%), Sodium: 29.89mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0.05% (100%), Protein: 0.51g (1.02%), Selenium: 1.55µg (2.22%), Vitamin B1: 0.03mg (2.07%), Folate: 7.53µg (1.88%), Vitamin A: 82.85IU (1.66%), Vitamin B2: 0.02mg (1.38%), Manganese: 0.03mg (1.35%), Iron: 0.22mg (1.2%), Vitamin B3: 0.23mg (1.16%)