

## Cookie Tulips

READY IN



60 min.

SERVINGS



12

CALORIES



212 kcal

DESSERT

### Ingredients

- 0.3 cup butter softened
- 1 cup confectioners' sugar
- 4 ounce cream cheese at room temperature
- 2 egg whites beaten
- 7 tablespoons flour all-purpose
- 17 large strawberries fresh divided
- 1 teaspoon vanilla extract
- 8 ounce non-dairy whipped topping frozen thawed
- 0.5 cup sugar white

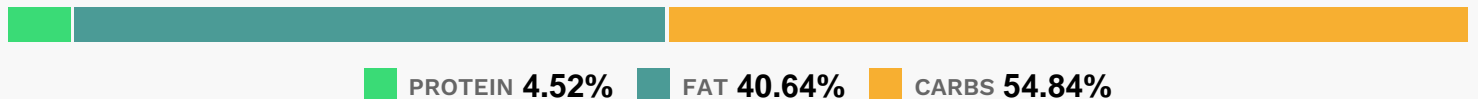
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- spatula

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper or a silicone sheet liner. Grease the outsides of 12 2-inch diameter baking glasses or small bowls.
- Mash the butter and white sugar together in a bowl until smooth, and mix in the flour, 1 teaspoon of vanilla extract, and the egg whites to make a smooth batter. Drop about 2 1/2 tablespoons of the mixture onto the prepared baking sheet, and use a spoon or spatula to spread the dough out into a very thin circle about 7 inches in diameter. Repeat with the remaining batter.
- Bake in the preheated oven until the cookies are very lightly browned at the edges and the centers are set, 7 to 9 minutes. Watch them carefully so they don't overbake. Pull the sheet from the oven, and immediately slip a spatula underneath each flat cookie; center and drape them over the greased glasses to harden into small wavy bowls. Allow to cool completely.
- While the cookies cool over their molds, beat the cream cheese and confectioners' sugar in a bowl until smooth; mix in 1 teaspoon of vanilla extract.
- Remove green tops and cores from 5 strawberries; place them into a small bowl, and mash to a juicy, slightly lumpy texture; mix the strawberries into the cream cheese mixture. Gently fold the whipped topping into the strawberry cream until thoroughly combined.
- Spoon about 3 tablespoons of the strawberry cream into each cookie bowl, then top with a pretty fresh strawberry with green top. Store leftover cookies in an airtight container, and leftover cream in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:21.84, Glycemic Load:9.24, Inflammation Score:-3, Nutrition Score:4.0239130414051%

## Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.51mg, Pelargonidin: 9.51mg, Pelargonidin: 9.51mg, Pelargonidin: 9.51mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 212.03kcal (10.6%), Fat: 9.75g (15.01%), Saturated Fat: 6.49g (40.55%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 28.74g (10.45%), Sugar: 24.88g (27.64%), Cholesterol: 20.09mg (6.7%), Sodium: 82.77mg (3.6%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 2.44g (4.88%), Vitamin C: 22.49mg (27.26%), Manganese: 0.18mg (9.03%), Selenium: 4.06µg (5.8%), Vitamin B2: 0.1mg (5.65%), Vitamin A: 263.67IU (5.27%), Folate: 18.95µg (4.74%), Phosphorus: 39.91mg (3.99%), Fiber: 0.88g (3.53%), Vitamin B1: 0.05mg (3.33%), Calcium: 31.07mg (3.11%), Potassium: 104.91mg (3%), Vitamin E: 0.4mg (2.66%), Iron: 0.4mg (2.25%), Vitamin B3: 0.44mg (2.21%), Magnesium: 8.79mg (2.2%), Vitamin K: 1.99µg (1.89%), Copper: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.47%), Vitamin B5: 0.14mg (1.36%), Vitamin B12: 0.07µg (1.19%), Zinc: 0.16mg (1.06%)