

Cream Cheese Candies

 Vegetarian  Gluten Free

READY IN

ready

80 min.

SERVINGS

servings

72

CALORIES

calories

24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups confectioners' sugar
- ☐ 3 ounce cream cheese softened
- ☐ 0.3 teaspoon peppermint extract

Equipment

- ☐ baking sheet
- ☐ mixing bowl

Directions

☐ In a small mixing bowl, beat cream cheese with peppermint extract. Beat in half the confectioners' sugar until smooth. Knead in remaining confectioners' sugar until fully incorporated. Shape dough into 1/2 inch balls, place on baking sheets, flatten with a fork, and allow to stand 1 hour to harden. Store in airtight containers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.063478259855638%

Nutrients (% of daily need)

Calories: 23.62kcal (1.18%), Fat: 0.41g (0.63%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.94g (5.48%), Cholesterol: 1.19mg (0.4%), Sodium: 3.81mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0.1% (100%), Protein: 0.07g (0.15%)