



Creamy Lemon-Berry Cookie Cups

READY IN



45 min.

SERVINGS



30

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.5 cup macadamia nuts chopped
- ☐ 9 teaspoons strawberry jam
- ☐ 3 oz cream cheese softened
- ☐ 12 oz fluffy frosting white
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon vanilla

- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 serving macadamia nuts grated chopped

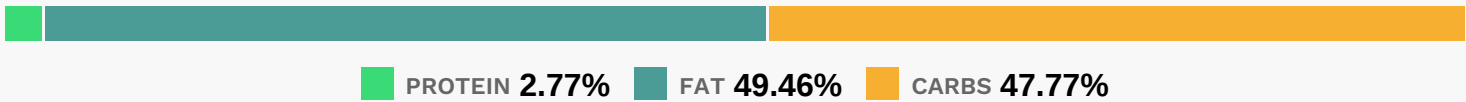
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ wooden spoon
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Spray 30 mini muffin cups with cooking spray.
- ☐ In large bowl, mix cookie cup ingredients. Drop 1 tablespoon dough into each mini muffin cup. Press in bottoms and up sides to form cups.
- ☐ Bake 10 minutes. Using end of wooden spoon, press indentation in each. Return to oven; bake 1 minute longer.
- ☐ Remove from pan to cooling rack. Cool completely.
- ☐ Fill each cookie cup with 1/2 teaspoon jam.
- ☐ In large bowl, beat cream cheese and frosting with electric mixer on medium speed. Beat in lemon peel and vanilla. Fold in whipped cream. Top each cookie cup with mixture.
- ☐ Refrigerate cookie cups at least 10 minutes until set. Top with garnish before serving.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:1.6921739280224%

Nutrients (% of daily need)

Calories: 194.19kcal (9.71%), Fat: 10.8g (16.61%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 23.16g (8.42%), Sugar: 16.23g (18.04%), Cholesterol: 20.94mg (6.98%), Sodium: 105.33mg (4.58%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 1.36g (2.72%), Manganese: 0.14mg (6.76%), Vitamin B2: 0.07mg (4.04%), Vitamin A: 198.88IU (3.98%), Vitamin B1: 0.05mg (3.49%), Vitamin E: 0.36mg (2.38%), Vitamin K: 1.93µg (1.84%), Phosphorus: 17.67mg (1.77%), Selenium: 1.02µg (1.46%), Copper: 0.03mg (1.43%), Iron: 0.24mg (1.34%), Folate: 5.37µg (1.34%), Magnesium: 5.2mg (1.3%), Fiber: 0.31g (1.23%), Calcium: 10.7mg (1.07%)