



Divine Christmas Candy Cane Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



114 kcal

DESSERT

Ingredients

- 160 g flour
- 1 large egg yolk
- 0.3 teaspoon purple gel food coloring
- 0.5 teaspoon peppermint extract pure
- 60 g powdered sugar
- 115 g butter unsalted
- 1 teaspoon vanilla extract pure

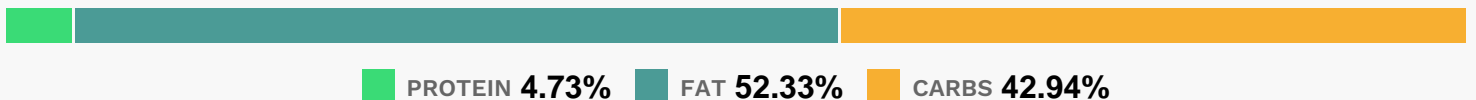
Equipment

- baking paper
- oven
- wire rack

Directions

- Cream butter, add sugar and beat again.
- Add in egg yolk and vanilla and peppermint extract and stir to combine.
- Add in flour in 2 additions (meaning first add half flour, stir well, then add the other half).
- Mix until you get a firm and smooth dough. Divide the dough into 2 balls. To one ball add a few drops of food coloring. Wrap dough balls in plastic paper and refrigerate for about 30 min. After 30 min, take a walnut sized piece of red (/pink) and a walnut sized piece of white dough and roll each color on a lightly floured surface into a 10–12 cm long rope.
- Place the 2 ropes side by side and gently twist them together pressing a bit to form a spiral. Shape by bending one end into a hook. Line cookies on a baking paper about 2 cm apart from each other
- Bake at 180 C for about 10 min or until the edges of the cookies start browning.
- Let cookies cool down completely on a wire rack

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:5.89, Inflammation Score:-2, Nutrition Score:2.0086956521739%

Nutrients (% of daily need)

Calories: 114.16kcal (5.71%), Fat: 6.62g (10.19%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.94g (4.34%), Sugar: 4g (4.45%), Cholesterol: 28.72mg (9.57%), Sodium: 1.72mg (0.07%), Protein: 1.35g (2.69%), Selenium: 4.35µg (6.22%), Vitamin B1: 0.09mg (5.74%), Folate: 21.4µg (5.35%), Vitamin A: 207.93IU (4.16%), Manganese: 0.07mg (3.74%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.64mg (3.17%), Iron: 0.53mg (2.95%), Phosphorus: 17.8mg (1.78%), Vitamin E: 0.21mg (1.42%), Vitamin D: 0.18µg (1.17%), Fiber: 0.29g (1.15%)