



Dough Ornament



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



15

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 cups flour all-purpose



1 cup salt



1.5 cups warm water

Equipment



baking sheet



oven



toothpicks

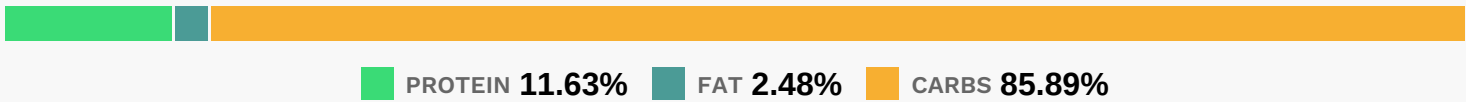


cookie cutter

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Mix flour and salt well. Gradually add water, stirring with a large spoon. Finish mixing with hands. Knead until soft and pliable.
- ☐ Roll out on floured surface about 1/8 inch thick.
- ☐ Cut shapes with cookie cutters.
- ☐ Place on cookie sheets. With a toothpick make a hole in the top of the ornament for threading string.
- ☐ Bake at 325 degrees F (165 degrees C) until hard, about 1 hour. Decorate with paint and varnish to preserve.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:18.4, Inflammation Score:-2, Nutrition Score:4.6921739257548%

Nutrients (% of daily need)

Calories: 121.33kcal (6.07%), Fat: 0.33g (0.5%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.54g (8.92%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 7546.74mg (328.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin B1: 0.26mg (17.44%), Selenium: 11.32µg (16.17%), Folate: 61µg (15.25%), Manganese: 0.25mg (12.34%), Vitamin B3: 1.97mg (9.84%), Vitamin B2: 0.16mg (9.69%), Iron: 1.61mg (8.95%), Fiber: 0.9g (3.6%), Phosphorus: 36mg (3.6%), Copper: 0.06mg (2.88%), Magnesium: 7.76mg (1.94%), Zinc: 0.26mg (1.7%), Vitamin B5: 0.15mg (1.46%), Potassium: 37.22mg (1.06%), Calcium: 10.38mg (1.04%)