



Easter Nest Cookies

READY IN



60 min.

SERVINGS



24

CALORIES



190 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 1 tablespoon flour all-purpose
- 0.3 cup butter softened
- 1 eggs
- 12 oz fluffy frosting white
- 1 cup coconut flakes flaked
- 1 serving purple gel food coloring
- 1 serving gourmet jelly beans

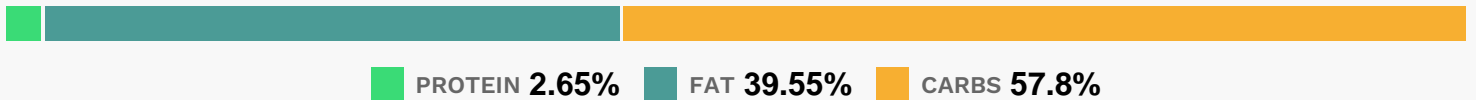
Equipment

- bowl
- baking sheet
- oven
- wire rack
- ziploc bags

Directions

- Heat oven to 375° F. In medium bowl, stir cookie mix, flour, butter and egg until dough forms.
- Shape dough into 24 (2-inch) balls.
- Place 1 inch apart on ungreased cookie sheets.
- Bake 7 to 9 minutes or until edges are light golden brown. Cool 1 minute; remove to cooling rack. Cool completely, about 15 minutes.
- Frost cookies.
- Add coconut to a 1-quart resealable food-storage plastic bag.
- Add 2 to 3 drops food color, shaking bag to blend color. It may be necessary to add 1 to 2 teaspoons water to help disperse the color evenly or additional food color until desired color is reached.
- Sprinkle about 1 teaspoon coconut onto each cookie. Top with jelly beans.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:1.3856521681275%

Nutrients (% of daily need)

Calories: 190.36kcal (9.52%), Fat: 8.43g (12.97%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 27.14g (9.87%), Sugar: 18.83g (20.93%), Cholesterol: 13.6mg (4.53%), Sodium: 109.35mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Manganese: 0.1mg (4.99%), Vitamin B2:

0.06mg (3.79%), Fiber: 0.59g (2.34%), Vitamin E: 0.32mg (2.17%), Vitamin K: 2.08µg (1.98%), Selenium: 1.37µg (1.96%), Vitamin A: 88.69IU (1.77%), Folate: 6.29µg (1.57%), Copper: 0.03mg (1.5%), Iron: 0.26mg (1.46%), Phosphorus: 14.57mg (1.46%), Vitamin B1: 0.02mg (1.29%)