



Easter Nest Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



194 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 1 cup coconut flakes flaked
- 1 eggs
- 1 tablespoon flour all-purpose
- 24 servings purple gel food coloring
- 12 oz fluffy frosting white
- 24 servings gourmet jelly beans
- 1 pouch sugar cookie mix (1 lb 1.5 oz)

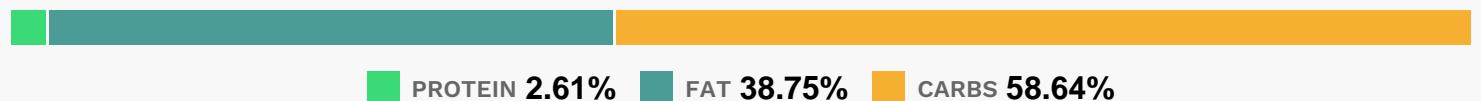
Equipment

- 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:4.92, Glycemic Load:4.31, Inflammation Score:-1, Nutrition Score:1.4147826054174%

Nutrients (% of daily need)

Calories: 194kcal (9.7%), Fat: 8.41g (12.94%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 28.06g (10.2%), Sugar: 19.5g (21.67%), Cholesterol: 6.82mg (2.27%), Sodium: 119.28mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Manganese: 0.1mg (5.01%), Vitamin B2: 0.06mg

(3.8%), Vitamin A: 122.67IU (2.45%), Fiber: 0.59g (2.35%), Vitamin E: 0.35mg (2.33%), Selenium: 1.35µg (1.93%), Vitamin K: 1.86µg (1.77%), Folate: 6.22µg (1.56%), Copper: 0.03mg (1.51%), Iron: 0.26mg (1.46%), Phosphorus: 14.58mg (1.46%), Vitamin B1: 0.02mg (1.3%)