



Easy Spritz Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



66 kcal

DESSERT

Ingredients

- 1 pouch sugar cookie mix (1 lb. 1.5 oz.)
- 0.5 cup flour all-purpose
- 0.5 cup butter melted
- 1 teaspoon almond extract
- 1 eggs
- 1 serving sprinkles
- 1 serving sprinkles

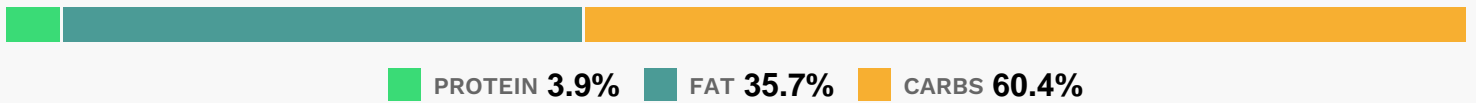
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375°F. In large bowl, stir cookie mix, flour, melted butter, almond extract and egg until soft forms.
- Fit desired template in cookie press; fill cookie press with dough. Force dough through template onto ungreased cookie sheets.
- Sprinkle with decors or colored sugars.
- Sprinkle with sugar crystals.
- Bake 6 to 8 minutes or until set but not brown. Cool 1 minute; remove from cookie sheets to cooling rack.

Nutrition Facts



Properties

Glycemic Index:2.6, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.41652173970057%

Nutrients (% of daily need)

Calories: 65.61kcal (3.28%), Fat: 2.6g (4%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 9.85g (3.58%), Sugar: 5.19g (5.77%), Cholesterol: 8.49mg (2.83%), Sodium: 46.06mg (2%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.64g (1.28%), Vitamin A: 64.04IU (1.28%), Folate: 4.54µg (1.13%), Vitamin B1: 0.02mg (1.13%), Selenium: 0.75µg (1.07%)