



Easy Spritz Cookies

READY IN



45 min.

SERVINGS



4

CALORIES



851 kcal

DESSERT

Ingredients

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

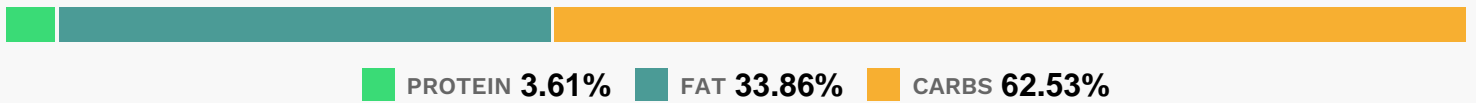
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375F. 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:31.25, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:5.0069565151049%

Nutrients (% of daily need)

Calories: 850.73kcal (42.54%), Fat: 31.95g (49.15%), Saturated Fat: 15.91g (99.46%), Carbohydrates: 132.75g (44.25%), Net Carbohydrates: 132.33g (48.12%), Sugar: 75.96g (84.4%), Cholesterol: 101.93mg (33.98%), Sodium: 552.74mg (24.03%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 7.67g (15.34%), Vitamin A: 768.49IU (15.37%), Folate: 54.46µg (13.61%), Vitamin B1: 0.2mg (13.53%), Selenium: 8.96µg (12.8%), Vitamin B2: 0.18mg (10.6%), Iron: 1.37mg (7.62%), Vitamin B3: 1.44mg (7.21%), Manganese: 0.11mg (5.6%), Vitamin E: 0.78mg (5.22%), Phosphorus: 45.53mg (4.55%), Vitamin B5: 0.27mg (2.69%), Vitamin B12: 0.15µg (2.44%), Vitamin K: 2.07µg (1.97%), Zinc: 0.28mg (1.85%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.56%), Calcium: 15.42mg (1.54%), Vitamin D: 0.22µg (1.47%), Magnesium: 5.45mg (1.36%), Vitamin B6: 0.03mg (1.33%), Potassium: 40.19mg (1.15%)