



## Easy Spritz Cookies

READY IN



45 min.

SERVINGS



4

CALORIES



808 kcal

DESSERT

### Ingredients

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

### Equipment

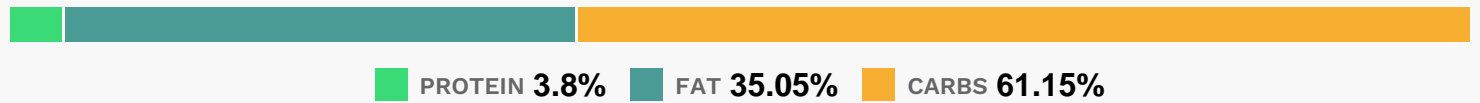
- bowl

- 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:31.25, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:5.0069565151049%

## Nutrients (% of daily need)

Calories: 808.43kcal (40.42%), Fat: 31.43g (48.35%), Saturated Fat: 15.43g (96.46%), Carbohydrates: 123.35g (41.12%), Net Carbohydrates: 122.93g (44.7%), Sugar: 66.86g (74.29%), Cholesterol: 101.93mg (33.98%), Sodium: 552.74mg (24.03%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (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%)