



## Egg Yolk Painted Christmas Cookies

READY IN



85 min.

SERVINGS



30

CALORIES



115 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup confectioners' sugar sifted
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 2.5 cups flour all-purpose
- ☐ 30 servings colors of paste food coloring assorted
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 teaspoon vanilla extract

☐ 0.3 teaspoon water

## Equipment

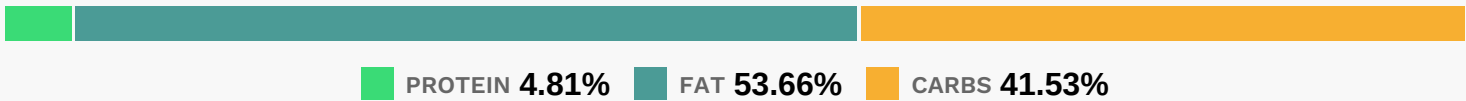
☐ baking sheet

☐ oven

## Directions

- ☐ Cream butter or margarine and shortening; gradually add sugar, beating until light and fluffy.
- ☐ Add egg and vanilla; beat well.
- ☐ Combine flour and salt; stir into creamed mixture. Divide dough in half; cover and chill at least 1 hour.
- ☐ Roll one portion of dough to 1/8 inch thickness on a lightly floured cookie sheet.
- ☐ Cut with assorted cutters; remove excess dough. Paint assorted designs on cookies with Egg Yolk Paint, using a small paintbrush.
- ☐ Bake at 375 degrees F (190 degrees C) for 9 to 10 minutes.
- ☐ Remove to wire racks to cool. Repeat procedure with remaining dough.
- ☐ Combine egg yolk and water; mix well. Divide mixture into several custard cups; tint as desired with paste food coloring. Cover until ready to use. If paint thickens, add a few drops of water and mix well.

## Nutrition Facts



## Properties

Glycemic Index:4.17, Glycemic Load:5.75, Inflammation Score:-1, Nutrition Score:1.974782610717%

## Nutrients (% of daily need)

Calories: 115.22kcal (5.76%), Fat: 6.89g (10.59%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 11.71g (4.26%), Sugar: 3.97g (4.41%), Cholesterol: 20.07mg (6.69%), Sodium: 104.65mg (4.55%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 1.39g (2.78%), Selenium: 4.38µg (6.26%), Vitamin B1: 0.08mg (5.62%), Folate: 20.74µg (5.19%), Vitamin B2: 0.06mg (3.74%), Manganese: 0.07mg (3.62%), Vitamin B3: 0.62mg (3.09%), Iron: 0.53mg (2.95%), Vitamin E: 0.33mg (2.23%), Vitamin A: 111.12IU (2.22%), Vitamin K: 2.12µg

(2.02%), Phosphorus: 17.41mg (1.74%), Vitamin B5: 0.11mg (1.13%), Fiber: 0.28g (1.13%)