



## Egnog Spritz Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



70 kcal

DESSERT

### Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter melted
- 1 eggs
- 0.5 cup flour all-purpose
- 1 teaspoon rum extract
- 0.3 teaspoon nutmeg
- 0.5 cup powdered sugar
- 1.5 teaspoons milk
- 0.3 teaspoon rum extract

1 serving m&m candies green red

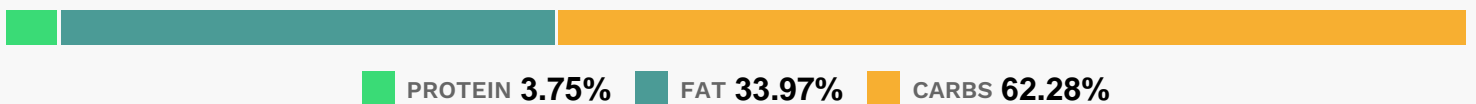
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Heat oven to 375°F. In large bowl, stir cookie mix, butter, egg, flour, 1 teaspoon extract and the nutmeg until soft dough forms.
- Fit cookie press with desired template. Fill cookie press with cookie dough; press cookies onto ungreased cookie sheets.
- Bake 6 to 8 minutes or until set. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely, about 20 minutes.
- In small bowl, stir powdered sugar, milk and 1/4 teaspoon extract until desired consistency.
- Drizzle over cookies.
- Sprinkle cookies with colored sugar.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.43000000164561%

## Nutrients (% of daily need)

Calories: 70.19kcal (3.51%), Fat: 2.66g (4.09%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.92g (3.97%), Sugar: 6.23g (6.93%), Cholesterol: 8.56mg (2.85%), Sodium: 46.36mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin A: 65IU (1.3%), Vitamin B1: 0.02mg (1.14%), Folate: 4.55µg (1.14%), Selenium: 0.76µg (1.08%)