



## Eggnog Spritz Cookies

READY IN



45 min.

SERVINGS



48

CALORIES



69 kcal

DESSERT

### Ingredients

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

48 servings frangelico green red

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## Equipment

bowl

baking sheet

oven

wire rack

## Directions

Heat oven to 375F. 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.

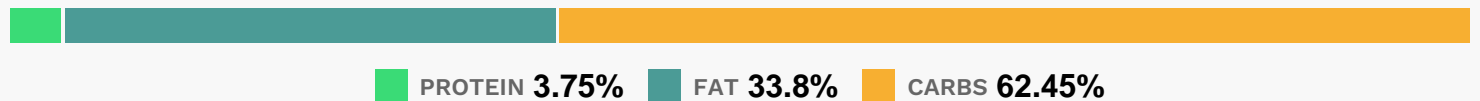
Bake 6 to 8 minutes or until set. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely, about 20 minutes.

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:0.42565217452205%

## Nutrients (% of daily need)

Calories: 68.62kcal (3.43%), Fat: 2.58g (3.98%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 10.71g (3.89%), Sugar: 6.04g (6.71%), Cholesterol: 8.51mg (2.84%), Sodium: 46.14mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Vitamin A: 64.3IU (1.29%), Folate: 4.55µg (1.14%), Vitamin B1: 0.02mg (1.14%), Selenium: 0.76µg (1.08%)