



## Candy Cane Cookies

READY IN



360 min.

SERVINGS



54

CALORIES



82 kcal

DESSERT

### Ingredients

- 1 cup sugar
- 1 cup butter softened
- 0.5 cup milk
- 1 teaspoon vanilla
- 1 teaspoon peppermint extract
- 1 eggs
- 3.5 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon salt

- 0.5 teaspoon food coloring red
- 2 tablespoons peppermint candies crushed finely
- 2 tablespoons sugar

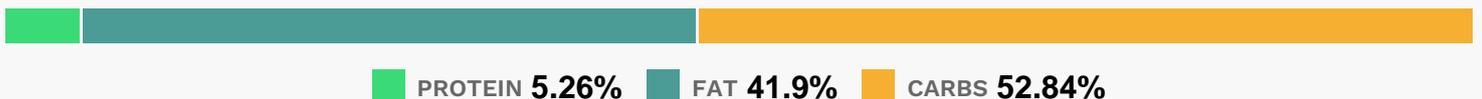
## Equipment

- bowl
- baking sheet
- oven
- wire rack

## Directions

- Stir together 1 cup sugar, the butter, milk, vanilla, peppermint extract and egg in large bowl. Stir in flour, baking powder and salt. Divide dough in half. Stir food color into 1 half. Cover and refrigerate at least 4 hours.
- Heat oven to 375°F.
- Stir together peppermint candy and 2 tablespoon sugar; set aside.
- For each candy cane, shape 1 rounded teaspoon dough from each half into 4-inch rope by rolling back and forth on floured surface.
- Place 1 red and white rope side by side; press together lightly and twist.
- Place on ungreased cookie sheet; curve top of cookie down to form handle of cane.
- Bake 9 to 12 minutes or until set and very light brown. Immediately sprinkle candy mixture over cookies.
- Remove from cookie sheet to wire rack. Cool completely, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.39, Glycemic Load:7.43, Inflammation Score:-2, Nutrition Score:1.493913061269%

## Nutrients (% of daily need)

Calories: 81.65kcal (4.08%), Fat: 3.82g (5.87%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 10.61g (3.86%), Sugar: 4.6g (5.11%), Cholesterol: 3.3mg (1.1%), Sodium: 60.83mg (2.64%), Alcohol: 0.05g (100%), Alcohol %: 0.32% (100%), Protein: 1.08g (2.16%), Vitamin B1: 0.07mg (4.38%), Selenium: 3.06µg (4.38%), Folate: 15.25µg (3.81%), Vitamin A: 158.43IU (3.17%), Vitamin B2: 0.05mg (2.9%), Manganese: 0.06mg (2.81%), Vitamin B3: 0.48mg (2.41%), Iron: 0.4mg (2.23%), Phosphorus: 15.24mg (1.52%), Calcium: 10.95mg (1.1%)