



Flying Brooms

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup butter softened
- ☐ 4 ounce chocolate candy coating squares melted
- ☐ 1 cup flour all-purpose
- ☐ 4.3 ounce orange decorating frosting red
- ☐ 68 inch pretzel rods halved
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

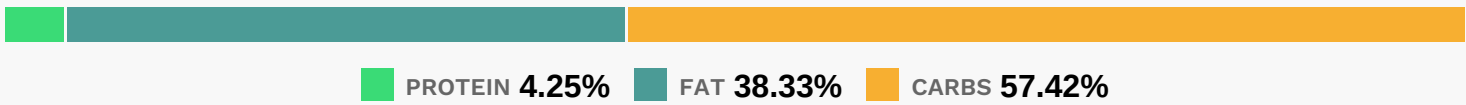
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ wax paper

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add brown sugar, beating until blended.
- ☐ Add flour and salt, beating until blended. Stir in vanilla. Shape dough into 16 (1 1/4-inch) balls.
- ☐ Place pretzel rods on ungreased baking sheets. Press a ball of dough onto cut end of each pretzel. Press dough firmly with a fork to resemble broom bristles.
- ☐ Bake at 350 for 10 to 12 minutes.
- ☐ Let brooms cool on baking sheets on wire racks 2 minutes; remove to wire racks to cool completely.
- ☐ Place brooms on wax paper. Spoon melted candy coating over pretzel and cookie where they join; let stand until firm. Decorate as desired with colored frosting.

Nutrition Facts



Properties

Glycemic Index:12.53, Glycemic Load:11.51, Inflammation Score:-3, Nutrition Score:3.159565228159%

Flavonoids

Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 191.75kcal (9.59%), Fat: 8.14g (12.52%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 26.67g (9.7%), Sugar: 12.73g (14.14%), Cholesterol: 0mg (0%), Sodium: 223.08mg (9.7%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 2.03g (4.06%), Folate: 36.23µg (9.06%), Manganese: 0.16mg (8.05%), Vitamin B1: 0.11mg (7.63%), Vitamin A: 270.69IU (5.41%), Vitamin B3: 1.06mg (5.31%), Vitamin C: 4.25mg (5.15%), Iron: 0.91mg (5.08%), Vitamin B2: 0.08mg (4.72%), Selenium: 3.24µg (4.63%), Fiber: 0.76g (3.03%), Phosphorus: 25.23mg (2.52%), Vitamin E: 0.29mg (1.93%), Copper: 0.03mg (1.75%), Potassium: 58.56mg (1.67%), Magnesium: 6.46mg (1.62%), Calcium: 14.97mg (1.5%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.1mg (1.05%)