



## Gelatin Spritz Cookies

 Vegetarian

READY IN



30 min.

SERVINGS



24

CALORIES



214 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cups butter
- ☐ 1 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 3 ounce fruit jell-o® mix flavored
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

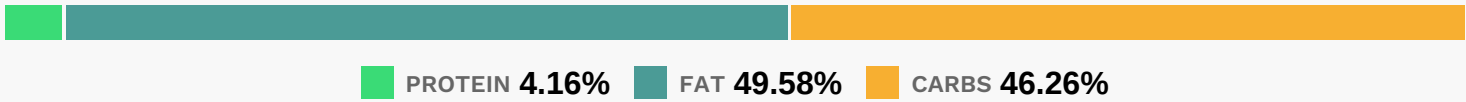
### Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Cream butter, sugar and gelatin.
- ☐ Add egg and vanilla. Beat well. Gradually add flour and baking powder. Blend until smooth.
- ☐ Refrigerate dough until firm. (If using a cookie press, no need to refrigerate dough before use.)
- ☐ Roll into balls and press with bottom of glass with sugar. (Use an ungreased cookie sheet).
- ☐ Bake at 400 degrees F (205 degrees C) for 7-10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.96, Glycemic Load:15.93, Inflammation Score:-3, Nutrition Score:3.3621739288387%

## Nutrients (% of daily need)

Calories: 214.02kcal (10.7%), Fat: 11.89g (18.29%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 24.95g (8.32%), Net Carbohydrates: 24.31g (8.84%), Sugar: 10.1g (11.22%), Cholesterol: 37.32mg (12.44%), Sodium: 114.01mg (4.96%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 2.24g (4.49%), Selenium: 6.93µg (9.91%), Vitamin B1: 0.14mg (9.64%), Folate: 34.65µg (8.66%), Vitamin A: 367.14IU (7.34%), Manganese: 0.13mg (6.28%), Vitamin B2: 0.1mg (6.18%), Iron: 0.99mg (5.48%), Vitamin B3: 1.08mg (5.42%), Phosphorus: 30.38mg (3.04%), Fiber: 0.64g (2.58%), Vitamin E: 0.36mg (2.4%), Calcium: 21.77mg (2.18%), Copper: 0.03mg (1.41%), Vitamin B5: 0.12mg (1.24%), Magnesium: 4.58mg (1.14%), Zinc: 0.17mg (1.1%)