



Ghosts on a Stick

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 24 servings wooden craft sticks
- ☐ 1 teaspoon cream of tartar
- ☐ 1 large eggs
- ☐ 2.8 cups flour all-purpose
- ☐ 4.3 ounce brown decorating frosting black
- ☐ 1.5 cups powdered sugar

- ☐ 0.5 cup shortening
- ☐ 2 teaspoons vanilla extract
- ☐ 16 ounce ready-to-spread vanilla frosting

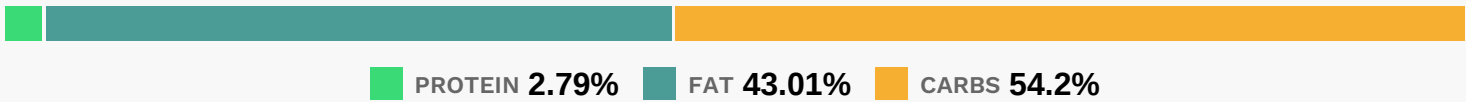
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until blended.
- ☐ Add powdered sugar, egg, and vanilla to butter mixture; beat well. Gradually add flour, cream of tartar, and baking soda, beating well.
- ☐ Cover and chill dough 1 hour.
- ☐ Roll dough to 1/4-inch thickness, and cut with a 4-inch ghost-shaped cutter.
- ☐ Place cookies 2 inches apart on lightly greased baking sheets.
- ☐ Place a craft stick under each cookie, pressing cookie lightly onto stick.
- ☐ Bake at 375 for 10 minutes or until cookies are lightly browned. Cool cookies on baking sheets 5 minutes; remove to wire racks to cool completely.
- ☐ Microwave frosting in a 2-quart glass bowl at HIGH 1 minute or until frosting melts.
- ☐ Spread melted frosting over cookies in batches of (Frosting hardens quickly.) Decorate rapidly with desired toppings.

Nutrition Facts



Properties

Glycemic Index:8.04, Glycemic Load:14.9, Inflammation Score:-2, Nutrition Score:3.1613043710265%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 257.45kcal (12.87%), Fat: 12.29g (18.91%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 34.46g (12.53%), Sugar: 22.53g (25.03%), Cholesterol: 7.75mg (2.58%), Sodium: 115.87mg (5.04%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 1.79g (3.58%), Vitamin B2: 0.16mg (9.21%), Selenium: 5.57µg (7.95%), Vitamin B1: 0.12mg (7.82%), Folate: 29.51µg (7.38%), Vitamin K: 5.72µg (5.45%), Vitamin E: 0.81mg (5.38%), Manganese: 0.1mg (5.03%), Vitamin B3: 0.91mg (4.53%), Iron: 0.75mg (4.19%), Vitamin A: 184.9IU (3.7%), Phosphorus: 25.25mg (2.53%), Fiber: 0.4g (1.61%), Potassium: 52.19mg (1.49%), Vitamin B5: 0.14mg (1.43%), Copper: 0.02mg (1.17%)