



Glazed Eggnog Spritz

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



56 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup granulated sugar
- ☐ 1 cup butter softened
- ☐ 2 teaspoons vanilla
- ☐ 2 teaspoons rum extract
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 1 teaspoon nutmeg
- ☐ 2 tablespoons butter melted

- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon rum extract
- ☐ 1 tablespoon water
- ☐ 0.5 teaspoon nutmeg

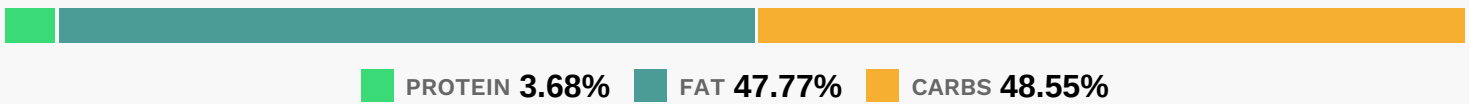
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ Heat oven to 350°F (if using dark or nonstick cookie sheet, heat oven to 325°F). In large bowl, beat granulated sugar and 1 cup butter with electric mixer on medium speed until fluffy. Beat in vanilla, 2 teaspoons rum extract and the egg until smooth. Beat in flour and 1 teaspoon nutmeg.
- ☐ Place 1/4 of the dough at a time in cookie press. On ungreased cookie sheet, form desired shapes with dough.
- ☐ Bake 6 to 10 minutes until edges are lightly browned. Cool 1 minute; remove from cookie sheet to cooling rack.
- ☐ In small bowl, stir all glaze ingredients except nutmeg with spoon until smooth and thin enough to drizzle.
- ☐ Pour mixture into small resealable food-storage plastic bag; cut off tiny corner of bag. Squeeze bag to drizzle glaze on cookies. Before glaze is set, sprinkle 1/2 teaspoon nutmeg over cookies.

Nutrition Facts



Properties

Glycemic Index:3.96, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:0.769999999080663%

Nutrients (% of daily need)

Calories: 55.6kcal (2.78%), Fat: 2.97g (4.57%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.75g (4.16%), Cholesterol: 2.27mg (0.76%), Sodium: 34.43mg (1.5%), Alcohol: 0.04g (100%), Alcohol %: 0.39% (100%), Protein: 0.51g (1.03%), Vitamin A: 130.03IU (2.6%), Selenium: 1.53µg (2.19%), Vitamin B1: 0.03mg (2.09%), Folate: 7.5µg (1.88%), Vitamin B2: 0.02mg (1.43%), Manganese: 0.03mg (1.42%), Vitamin B3: 0.23mg (1.16%), Iron: 0.2mg (1.09%)