



Gluten-Free Ultimate Cut Out Cookies

 **Gluten Free**

READY IN



55 min.

SERVINGS



18

CALORIES



190 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 3 oz cream cheese softened
- 1 egg yolk
- 0.5 cup powdered sugar
- 3 tablespoons shortening
- 1 teaspoon vanilla
- 1 container vanilla frosting
- 1.5 cups frangelico gluten free

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Equipment

bowl

baking sheet

oven

cookie cutter

spatula

Directions

Heat oven to 375F. Lightly grease cookie sheets with shortening or cooking spray. In large bowl, stir 1/2 cup powdered sugar, cream cheese, butter, shortening, vanilla and egg yolk with spoon until well blended. Stir in Bisquick mix until dough forms.

On work surface sprinkled with additional powdered sugar, roll half of dough at a time to 1/4-inch thickness.

Cut with cookie cutters. Use metal spatula to transfer cookie cut-outs to cookie sheets, placing cut-outs about 1 inch apart.

Bake 6 to 8 minutes or until edges are light golden brown. Cool 2 minutes; carefully remove from cookie sheets to cooling racks. Cool completely, about 15 minutes.

Spread frosting on cookies.

Nutrition Facts

PROTEIN 1.02% FAT 54.74% CARBS 44.24%

Properties

Glycemic Index:6.67, Glycemic Load:7.57, Inflammation Score:-1, Nutrition Score:1.2169565101681%

Nutrients (% of daily need)

Calories: 189.65kcal (9.48%), Fat: 11.59g (17.83%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 21.08g (7.67%), Sugar: 19.67g (21.86%), Cholesterol: 24.61mg (8.2%), Sodium: 89.74mg (3.9%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Protein: 0.49g (0.97%), Vitamin B2: 0.1mg (5.64%), Vitamin K: 4.87µg (4.64%), Vitamin E: 0.69mg (4.58%), Vitamin A: 182.93IU (3.66%), Selenium: 1.05µg (1.51%), Phosphorus:

14.6mg (1.46%), Folate: 4.06µg (1.02%)