



## Holiday Fruit Roll-Ups® Cookies



Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



169 kcal

DESSERT

### Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- ☐ 2 boxes poached berries hot flavored colors®
- ☐ 1 box portugese rolls flavored
- ☐ 12 oz fluffy frosting white
- ☐ 1 serving coarse salt
- ☐ 1 box frangelico red fruit flavored betty fruit gushers® (from tropical flavors variety pack)

### Equipment

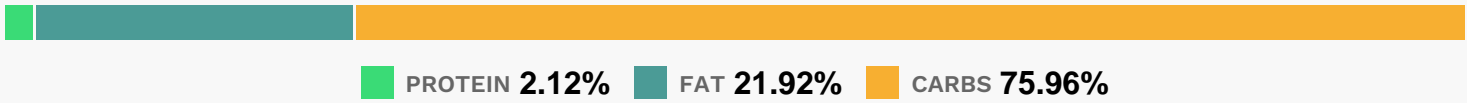
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ microwave

## Directions

- ☐ Heat oven to 375°F. In medium bowl, mix cookie mix, flour, butter and egg until soft dough forms. On lightly floured surface, roll dough 1/4 inch thick.
- ☐ Cut dough with holiday cookie cutters.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 7 to 9 minutes or until edges are light golden brown. Cool.
- ☐ Unroll and remove paper from Betty Crocker Fruit
- ☐ Roll-Ups.
- ☐ Cut using same holiday cookie cutters, and place on top of same-shaped cookies, or cut different shapes and place on top of round cookies. Decorate cookies with remaining ingredients as desired, using suggestions below and referring to photos.
- ☐ For holly leaf and berries, use Betty Crocker Fruit Gushers and green Betty Crocker Fruit
- ☐ Roll-Ups.
- ☐ For snowflake, use blue Betty Crocker Fruit
- ☐ Roll-Ups and coarse sugar.
- ☐ For candy cane, use red Betty Crocker Fruit
- ☐ Roll-Ups.
- ☐ For gift, use Betty Crocker Fruit
- ☐ Roll-Ups Flavor
- ☐ Mixers.
- ☐ For ornament, use Betty Crocker Fruit
- ☐ Roll-Ups Blastin' Berry.

- ☐
- For bell, use Betty Crocker Whipped fluffy white frosting, melted in small microwavable bowl in microwave and Betty Crocker Fruit
- ☐
- Roll-Ups Blastin' Berry.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:4.98, Inflammation Score:1, Nutrition Score:0.52130434492036%

Flavonoids

Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg

Nutrients (% of daily need)

Calories: 168.95kcal (8.45%), Fat: 4.1g (6.31%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 31.99g (10.66%), Net Carbohydrates: 31.98g (11.63%), Sugar: 22.28g (24.75%), Cholesterol: 0mg (0%), Sodium: 112.12mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin B2: 0.06mg (3.52%), Vitamin K: 2.23µg (2.12%), Vitamin E: 0.26mg (1.74%), Folate: 5.34µg (1.33%), Vitamin B1: 0.02mg (1.11%)