



Lifesaver Cookies

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



387 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 1 cup butter softened
- 4 ounces cream cheese
- 1 egg yolk
- 2.5 cups flour all-purpose
- 15 servings chocolate icing
- 15 servings twist and ends together to make a rough knob. cover red
- 0.3 teaspoon salt

- 1 cup sugar
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- baking paper
- oven
- hand mixer
- cookie cutter
- wax paper

Directions

- Beat first 3 ingredients at medium speed with an electric mixer 2 minutes or until light and fluffy.
- Add egg yolk, and beat until smooth. Stir in extracts.
- Combine flour and salt; gradually add to butter mixture, beating just until blended. Shape dough into 2 balls; wrap in wax paper, and chill 1 hour or up to 1 week.
- Roll dough out on a lightly floured surface to 1/4-inch thickness. (If dough is too firm to roll, let stand 5 to 10 minutes.)
- Cut dough into circles using a 3-inch round cookie cutter.
- Cut out centers of circles using a 1-inch round cookie cutter.
- Place cookies on parchment paper-lined baking sheets; bake, in batches, at 350 for 10 to 12 minutes or until edges are lightly browned.
- Let cool on pans 1 minute.
- Transfer cookies to wire racks to cool completely.
- Spread about 1 teaspoon raspberry preserves, strawberry jam, or buttercream frosting between 2 cookies. Dip in Decorating Icing, allowing excess to drip back into bowl.
- Add pieces of red licorice to resemble stripes on a life preserver ring.

Nutrition Facts

PROTEIN 3.04% FAT 46.12% CARBS 50.84%

Properties

Glycemic Index:17.67, Glycemic Load:29.1, Inflammation Score:-4, Nutrition Score:4.6339130816252%

Nutrients (% of daily need)

Calories: 387.11kcal (19.36%), Fat: 19.97g (30.73%), Saturated Fat: 10.28g (64.28%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 48.97g (17.81%), Sugar: 31.76g (35.28%), Cholesterol: 53.13mg (17.71%), Sodium: 212.97mg (9.26%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Protein: 2.96g (5.92%), Vitamin B2: 0.22mg (12.89%), Selenium: 8.64µg (12.35%), Vitamin B1: 0.17mg (11.4%), Folate: 43.25µg (10.81%), Vitamin A: 497.02IU (9.94%), Manganese: 0.14mg (7.23%), Vitamin B3: 1.31mg (6.53%), Vitamin E: 0.89mg (5.92%), Iron: 1.06mg (5.9%), Vitamin K: 4.93µg (4.69%), Phosphorus: 43.95mg (4.4%), Fiber: 0.56g (2.25%), Vitamin B5: 0.2mg (2.02%), Calcium: 16.66mg (1.67%), Copper: 0.03mg (1.67%), Zinc: 0.25mg (1.64%), Magnesium: 5.93mg (1.48%), Potassium: 47.3mg (1.35%), Vitamin B12: 0.07µg (1.1%)