



Lollipop Cookie Valentines

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 12 craft sticks
- 1.3 cups confectioners' sugar
- 1 eggs
- 1 egg white
- 2 cups flour all-purpose
- 0.3 cup brown sugar light packed
- 3 drops food coloring red
- 0.3 teaspoon salt

- 0.5 cup semi chocolate chips
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1 ounce chocolate white

Equipment

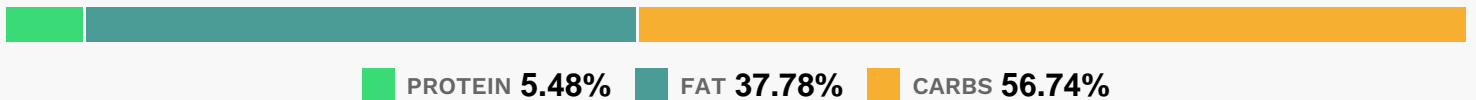
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- double boiler
- hand mixer
- wax paper

Directions

- Soak craft sticks for one hour in a bowl of cold water.
- In small heavy saucepan over very low heat, stir chocolate chips until melted and smooth.
- Remove from heat; let cool.
- In large bowl with electric mixer at medium speed, beat butter, brown sugar and vanilla until fluffy. Beat egg in well; beat in cooled chocolate. With mixer at low speed, beat in flour, cocoa powder and salt until smooth. Divide dough in half.
- Preheat oven to 375 degrees F (190 degrees C) and grease 2 large cookie sheets.
- Roll each half out to 1/8 inch thickness between 2 sheets of wax paper; freeze, in wax paper, 5 minutes. Peel top sheets of wax paper off dough; cut dough out using 3-inch heart-shaped cutter. Reroll scraps; freeze again 5 minutes; cut out.
- Place half of the hearts 1 inch apart on prepared cookie sheet.
- Drain sticks, pat dry.
- Place one stick on each heart to make 2 1/2 inch handle, pressing lightly into dough.

- Place remaining hearts on top; press edges gently to seal.
- Bake about 12 minutes until firm to touch. Cool on wire racks.
- In 2-quart heavy saucepan over very low heat, or in top of double boiler set over barely simmering water, stir white or milk chocolate until melted and smooth; if using both chocolates, melt in separate 1-quart pans.
- Remove from heat.
- Holding each lollipop by handle, dip into chocolate to coat on both sides; let excess chocolate drip back into pan.
- Place each lollipop as it is coated on wax-paper-lined cookie sheet; refrigerate 20 minutes until chocolate is set.
- To Make Icing: In large bowl with electric mixer at high speed, beat egg white and confectioners' sugar until very smooth. If desired, remove small portion of icing to separate bowl; tint with drops of food coloring. Spoon icing into decorating bag fitted with small writing tip; pipe over lollipops in desired patterns. Decorate with assorted candies and decors; attaching with dots of icing.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:12.5, Inflammation Score:-4, Nutrition Score:5.9239130758721%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 283.32kcal (14.17%), Fat: 12.11g (18.63%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 39.03g (14.19%), Sugar: 22.5g (25%), Cholesterol: 34.92mg (11.64%), Sodium: 127.47mg (5.54%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 10.57mg (3.52%), Protein: 3.95g (7.9%), Manganese: 0.32mg (16.04%), Selenium: 9.94µg (14.2%), Vitamin B1: 0.17mg (11.45%), Folate: 42.47µg (10.62%), Iron: 1.82mg (10.13%), Copper: 0.2mg (10.07%), Vitamin B2: 0.15mg (9.02%), Fiber: 1.89g (7.58%), Magnesium: 28.92mg (7.23%), Phosphorus: 70.43mg (7.04%), Vitamin B3: 1.38mg (6.9%), Vitamin A: 278.58IU (5.57%), Potassium: 129.25mg

(3.69%), Zinc: 0.55mg (3.66%), Calcium: 26.11mg (2.61%), Vitamin K: 2.71µg (2.58%), Vitamin E: 0.35mg (2.33%),
Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.08µg (1.29%)