



Mini Conversation-Heart Cookies

 Dairy Free

READY IN



300 min.

SERVINGS



100

CALORIES



39 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- ☐ 16 oz vanilla frosting
- ☐ 1 serving pink lady apples green yellow

Equipment

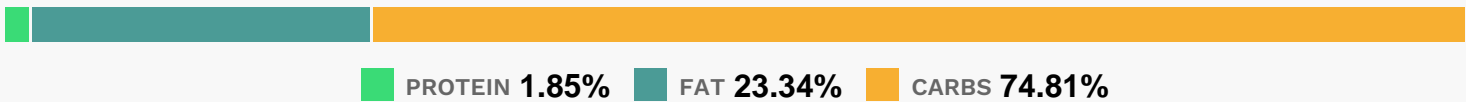
- ☐ bowl
- ☐ baking sheet
- ☐ oven

- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir cookie mix, flour, butter and egg until soft dough forms.
- ☐ Roll dough 1/4 inch thick on floured surface.
- ☐ Cut out approximately 100 cookies with 1-inch heart-shaped cookie cutter, rerolling dough as necessary.
- ☐ Place 1 inch apart on ungreased cookie sheet.
- ☐ Bake 6 to 8 minutes or until edges are set. Cool on cookie sheet 1 minute.
- ☐ Remove to cooling racks. Cool completely, about 15 minutes.
- ☐ Meanwhile, divide frosting among 6 small bowls, about 1/3 cup each. Using food colors, tint frosting in each bowl a different color, leaving 1 bowl white.
- ☐ Working with 1 color at a time, microwavable small bowl of frosting uncovered on High 8 to 10 seconds or until thin enough to pour.
- ☐ Using 2 forks, dip and roll each cookie in melted frosting to cover completely, letting excess drip off.
- ☐ Place on cooling rack placed over waxed paper to catch drips. Repeat with remaining cookies and colored frosting.
- ☐ Let stand at least 3 hours at room temperature until frosting is set. Store loosely covered at room temperture.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:1.35, Inflammation Score:0, Nutrition Score:0.13695652207927%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin:

0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 38.82kcal (1.94%), Fat: 1g (1.55%), Saturated Fat: 0.14g (0.84%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.23g (5.82%), Cholesterol: 0mg (0%), Sodium: 22.54mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%)