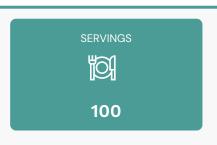


# **Mini Conversation-Heart Cookies**







DESSERT

### Ingredients

0.3 cup butter	softened
1 eggs	

- 3 tablespoons flour all-purpose gold medal®
- 100 servings pink lady apples green yellow
- 1 pouch sugar cookie mix betty crocker®
- 2 containers vanilla frosting betty crocker®

## **Equipment**

bowl

	baking sheet		
Н	oven		
	wire rack		
	cookie cutter		
Directions			
	Heat oven to 375°F. In medium bowl, stir cookie mix, butter, flour 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			
	PROTEIN 2.72% FAT 14.89% CARBS 82.39%		

### **Properties**

Glycemic Index:2, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:1.1121739121559%

#### **Flavonoids**

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.0

#### Nutrients (% of daily need)

Calories: 58.94kcal (2.95%), Fat: 1.03g (1.59%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 11.38g (4.14%), Sugar: 8.82g (9.8%), Cholesterol: 3.26mg (1.09%), Sodium: 20.33mg (0.88%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.42g (0.85%), Fiber: 1.51g (6.02%), Vitamin C: 2.88mg (3.48%), Potassium: 67.91mg (1.94%), Vitamin K: 1.43µg (1.36%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.26%), Manganese: 0.02mg (1.18%), Vitamin A: 55.04IU (1.1%), Vitamin B1: 0.02mg (1.04%)