



## Mini Conversation-Heart Cookies

READY IN



300 min.

SERVINGS



100

CALORIES



59 kcal

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
- 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 temperature.

## Nutrition Facts



## 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: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## **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: 0g (100%), Alcohol %: 0% (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%)