



## Multigrain Cutouts

READY IN



45 min.

SERVINGS



72

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3.3 cups flour whole wheat
- 1 cup sugar
- 0.3 cup cornmeal
- 0.3 cup wheat germ
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 0.7 cup shortening
- 0.8 cup milk
- 0.5 teaspoon vanilla

- 0.7 cup flour all-purpose
- 0.7 cup butter softened
- 3 teaspoons water hot

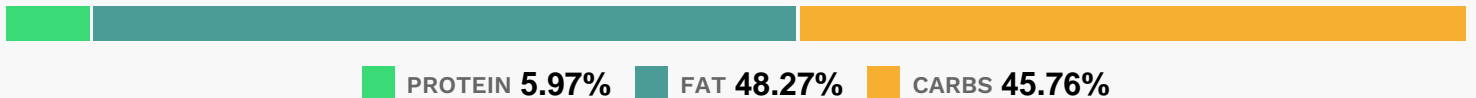
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- Heat oven to 350°F. In large bowl, mix all cookie ingredients until well blended. Divide dough into thirds. On lightly floured surface, roll each third 1/8 inch thick.
- Cut dough with cookie cutters. On ungreased cookie sheets, place shapes 2 inches apart.
- In medium bowl, mix 2/3 cup flour and the butter until smooth. Stir in hot water until thin enough to drizzle.
- Place in decorating bag with number 5 writing tip. Outline or decorate unbaked cookies with frosting.
- Bake 12 to 14 minutes or until edges are light brown. Cool slightly; remove from cookie sheets to cooling racks.

## Nutrition Facts



## Properties

Glycemic Index:4.77, Glycemic Load:2.88, Inflammation Score:-1, Nutrition Score:2.1578260923371%

## Nutrients (% of daily need)

Calories: 70.41kcal (3.52%), Fat: 3.9g (6%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.6g (2.76%), Sugar: 2.93g (3.26%), Cholesterol: 0.31mg (0.1%), Sodium: 43.14mg (1.88%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 1.08g (2.17%), Manganese: 0.29mg (14.26%), Selenium: 4.15µg (5.93%), Vitamin B1: 0.05mg (3.16%), Phosphorus: 29.46mg (2.95%), Fiber: 0.72g (2.86%), Magnesium: 9.61mg

(2.4%), Vitamin B3: 0.38mg (1.9%), Iron: 0.3mg (1.66%), Vitamin B6: 0.03mg (1.64%), Vitamin A: 79.79IU (1.6%), Zinc: 0.23mg (1.51%), Vitamin E: 0.22mg (1.49%), Folate: 5.83µg (1.46%), Copper: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.29%), Vitamin K: 1.12µg (1.07%)