



No-Bake Holiday Cookie Ornaments



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 1 box fruit hot flavored colors®
- ☐ 3 inch green beans
- ☐ 20 servings sugar
- ☐ 20 vanilla wafers

Equipment

- ☐ baking sheet
- ☐ baking paper

Directions

- ☐ Line cookie sheet with waxed paper or cooking parchment paper. Unroll and remove paper from Betty Crocker Fruit
- ☐ Roll-Ups.
- ☐ Cut each in fourths.
- ☐ Making a loop for ornament using string licorice, and attach to back side of cookie, securing under fruit snack as you wrap fruit snack around cookie. Decorate with sugar, or cut pieces from remaining fruit snack to decorate.
- ☐ Place on cookie sheet.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:11.7, Inflammation Score:0, Nutrition Score:0.27521739665257%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 74.07kcal (3.7%), Fat: 1.08g (1.67%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 16.28g (5.92%), Sugar: 13.89g (15.43%), Cholesterol: 0.06mg (0.02%), Sodium: 24.27mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin B1: 0.03mg (1.7%), Folate: 5.41µg (1.35%)