



## Party Sugar Cookies

 Dairy Free

READY IN



120 min.

SERVINGS



72

CALORIES



66 kcal

DESSERT

## Ingredients

- ☐ 1 egg white
- ☐ 3 eggs
- ☐ 3.3 cups flour all-purpose
- ☐ 3 ounce fruit jell-o® mix flavored
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.3 cup colored sugar for decoration
- ☐ 1 teaspoon vanilla extract

☐ 1 cup sugar white

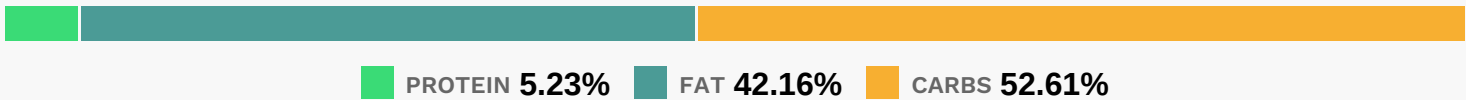
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large bowl, cream together the flavored gelatin, sugar and shortening until smooth. Beat in the eggs, one at a time, then stir in vanilla.
- ☐ Combine the flour and salt, stir into the creamed mixture.
- ☐ Divide the dough into four pieces, and refrigerate any dough that is not yet being used. On a lightly floured surface, roll one piece of dough at a time out to 1/4 inch thickness. cut with cookie cutters and place onto an ungreased cookie sheet.
- ☐ Brush the tops of the cookies with egg white, and sprinkle with colored sugar.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Do not brown. allow cookies to cool for a few minutes on the cookie sheets before removing to a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:2.99, Glycemic Load:5.54, Inflammation Score:-1, Nutrition Score:1.10999999954357%

## Nutrients (% of daily need)

Calories: 65.63kcal (3.28%), Fat: 3.09g (4.75%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 8.47g (3.08%), Sugar: 4.06g (4.51%), Cholesterol: 6.82mg (2.27%), Sodium: 20.4mg (0.89%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 0.86g (1.73%), Selenium: 2.58µg (3.69%), Vitamin B1: 0.05mg (3.04%), Folate: 11.2µg (2.8%), Vitamin B2: 0.04mg (2.28%), Manganese: 0.04mg (1.97%), Iron: 0.33mg

(1.81%), Vitamin B3: 0.34mg (1.68%), Vitamin K: 1.54µg (1.46%), Vitamin E: 0.2mg (1.31%)