



Patriotic Cookie Pops

 Dairy Free

READY IN



210 min.

SERVINGS



26

CALORIES



207 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 2 eggs
- 1 cup butter softened
- 0.5 cup flour all-purpose
- 1 teaspoon purple gel food coloring red
- 1 teaspoon purple gel food coloring blue
- 2 teaspoons purple gel food coloring white
- 26 you will also need: parchment paper

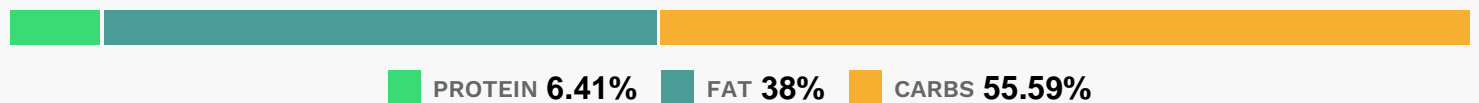
Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- lollipop sticks

Directions

- In large bowl, stir cookie mix, eggs, butter and flour until dough forms. Divide dough into thirds. Tint one-third of dough with red food color, kneading until completely blended. Repeat with another one-third of dough and blue food color. Tint remaining one-third of dough with white food color. Wrap each portion of dough in plastic wrap; refrigerate 2 hours.
- Heat oven to 350°F. Spray 2 cookie sheets with cooking spray.
- Roll each color of dough into 26 (3/4-inch) balls. Shape each ball into 12-inch rope.
- Place 1 each of red, blue and white ropes together. Starting at 1 end, coil ropes to make 2 3/4-inch round cookie.
- Place 3 inches apart on cookie sheets. Insert 1 lollipop stick into bottom of each cookie.
- Bake 8 to 10 minutes or until bottoms are lightly golden. Cool 5 minutes; remove to cooling racks. Cool completely, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:1.33, Inflammation Score:-3, Nutrition Score:3.1252173797592%

Nutrients (% of daily need)

Calories: 206.63kcal (10.33%), Fat: 8.69g (13.37%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 28.2g (10.25%), Sugar: 8.87g (9.86%), Cholesterol: 14.3mg (4.77%), Sodium: 250.38mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Selenium: 7.21µg (10.3%), Vitamin B1: 0.13mg (8.74%), Manganese: 0.14mg (6.93%), Vitamin A: 333.24IU (6.66%), Vitamin B2: 0.11mg (6.4%), Folate: 25.47µg

(6.37%), Vitamin B3: 1.25mg (6.27%), Iron: 0.88mg (4.88%), Phosphorus: 26.7mg (2.67%), Vitamin E: 0.31mg (2.05%), Copper: 0.03mg (1.69%), Fiber: 0.41g (1.63%), Calcium: 13.81mg (1.38%), Zinc: 0.2mg (1.3%), Magnesium: 5mg (1.25%)