



Peppermint Cookie Canes

READY IN



45 min.

SERVINGS



48

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 3.5 cups cake flour sifted
- ☐ 1 large eggs
- ☐ 0.8 teaspoon paste food coloring red
- ☐ 1.5 teaspoons peppermint extract
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup regular shortening
- ☐ 1.5 cups sugar

☐ 0.5 teaspoon vanilla extract

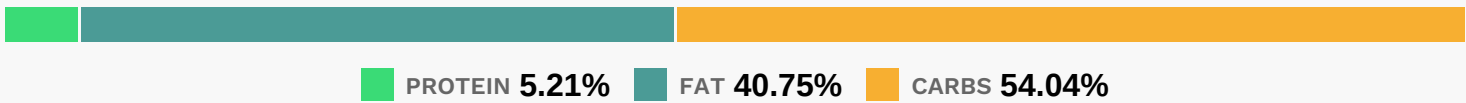
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Beat butter and shortening at medium speed of an electric mixer until creamy; gradually add sugar, beating well.
- ☐ Add egg, beating well. Stir in flavorings.
- ☐ Combine flour, baking powder, and salt; add to butter mixture, beating well.
- ☐ Remove half of dough from bowl.
- ☐ Add food coloring to dough in bowl, and mix until color is evenly distributed.
- ☐ Working with half of each dough at a time, shape plain dough by teaspoonfuls into 4" ropes. (Cover remaining dough to prevent drying.) Repeat shaping with red dough.
- ☐ Place 1 red rope and 1 plain rope side by side; carefully twist together.
- ☐ Roll twisted ropes into 1 smooth rope; shape rope into a cane, and twist as needed to complete stripe design. Repeat with remaining dough. Chill 15 minutes.
- ☐ Place cookie canes on ungreased cookie sheets.
- ☐ Bake at 375 for 8 minutes or just until cookies begin to brown. Cool slightly; carefully remove cookies to wire racks, using a wide spatula, and cool completely.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:8.68, Inflammation Score:-1, Nutrition Score:1.0404347822718%

Nutrients (% of daily need)

Calories: 94.83kcal (4.74%), Fat: 4.32g (6.65%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 12.68g (4.61%), Sugar: 6.29g (6.99%), Cholesterol: 8.96mg (2.99%), Sodium: 42.39mg (1.84%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 1.24g (2.49%), Selenium: 4µg (5.71%), Manganese: 0.07mg (3.66%), Vitamin E: 0.23mg (1.55%), Phosphorus: 14.22mg (1.42%), Vitamin A: 64.9IU (1.3%), Vitamin K: 1.33µg (1.27%)