



Peppermint Holiday Cookies

READY IN



25 min.

SERVINGS



36

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.5 cup peppermint candy canes crushed
- ☐ 0.8 cup confectioners' sugar
- ☐ 1 eggs beaten
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 5 teaspoons warm water
- ☐ 0.8 cup sugar white

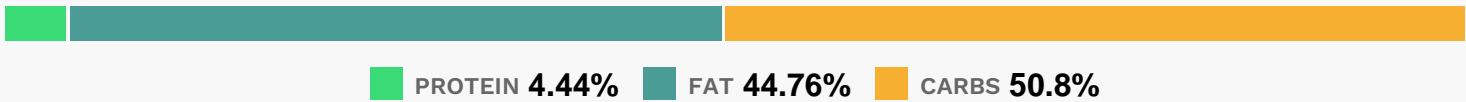
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat the butter and white sugar with an electric mixer in a large bowl until smooth. Beat egg into butter mixture until completely incorporated.
- ☐ Mix flour and salt into the butter mixture until just incorporated. Fold crushed candy canes into the batter, mixing just enough to evenly combine.
- ☐ Roll dough into balls 1 tablespoon at a time; arrange on baking sheets.
- ☐ Bake in the preheated oven until firm, 8 to 10 minutes. Allow cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.
- ☐ Whisk confectioners' sugar and warm water together in a small bowl until you have a smooth icing. Dip top of each cookie in the icing, Top with additional crushed candy cane, if desired. Set aside to let the icing dry, at least 5 minutes.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:8.66, Inflammation Score:-1, Nutrition Score:1.8121738991012%

Nutrients (% of daily need)

Calories: 128.48kcal (6.42%), Fat: 6.48g (9.97%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 16.27g (5.92%), Sugar: 8.51g (9.45%), Cholesterol: 18.1mg (6.03%), Sodium: 60.8mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Selenium: 4.01µg (5.73%), Vitamin B1: 0.08mg

(5.5%), Folate: 19.83µg (4.96%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.56%), Vitamin A: 164.18IU (3.28%), Vitamin B3: 0.62mg (3.09%), Iron: 0.51mg (2.83%), Phosphorus: 15.18mg (1.52%), Fiber: 0.28g (1.13%), Vitamin E: 0.17mg (1.1%)