



## Pumpkin Family Cut-Outs

READY IN



45 min.

SERVINGS



48

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 2 eggs beaten
- ☐ 4 cups flour all-purpose
- ☐ 48 servings m&m candies assorted
- ☐ 0.5 cup milk
- ☐ 48 servings orange food coloring
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening

- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

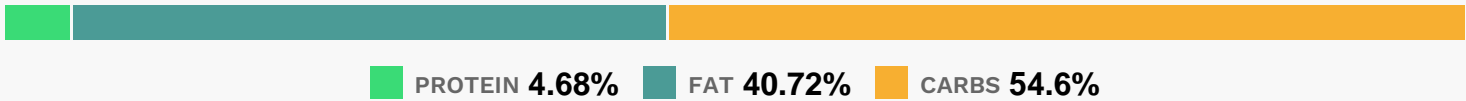
## Equipment

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

## Directions

- ☐ Blend together shortening and sugar in a large bowl; add eggs and beat well.
- ☐ Add vanilla, milk and dry ingredients; mix together well.
- ☐ Roll out dough 1/4-inch to 1/2-inch thick on a floured surface.
- ☐ Cut out shapes with cookie cutters; transfer to lightly greased baking sheets.
- ☐ Bake at 350 degrees for about 10 minutes, or until cookies are golden on the bottom. Tint canned frosting with orange food coloring. Frost cookies and add faces using candy.

## Nutrition Facts



## Properties

Glycemic Index:5.73, Glycemic Load:10.18, Inflammation Score:-1, Nutrition Score:2.1334782404744%

## Nutrients (% of daily need)

Calories: 179.46kcal (8.97%), Fat: 8.15g (12.54%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 23.91g (8.7%), Sugar: 15.79g (17.54%), Cholesterol: 9.38mg (3.13%), Sodium: 81.48mg (3.54%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 2.11g (4.21%), Selenium: 4.18µg (5.97%), Vitamin B1: 0.08mg (5.65%), Folate: 19.92µg (4.98%), Iron: 0.72mg (3.98%), Vitamin B2: 0.06mg (3.8%), Manganese: 0.07mg (3.61%), Vitamin B3: 0.62mg (3.1%), Calcium: 28.14mg (2.81%), Fiber: 0.69g (2.75%), Vitamin K: 2.32µg (2.21%), Phosphorus: 19.28mg (1.93%), Vitamin E: 0.29mg (1.92%), Vitamin B5: 0.11mg (1.12%)