



Rainbow and Pot of Gold Cookies

READY IN



60 min.

SERVINGS



14

CALORIES



188 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 1 eggs
- 3 tablespoons flour all-purpose
- 1 box fruit hot flavored colors®
- 1 pouch sugar cookie mix
- 1 box frangelico yellow fruit flavored betty fruit gushers® (from tropical flavors variety pack)
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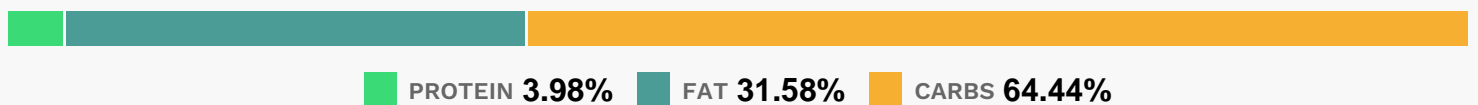
Equipment

- bowl
- baking sheet
- oven
- pot

Directions

- Heat oven to 375F. In medium bowl, mix cookie mix, butter, flour and egg until soft dough forms. On lightly floured surface, roll dough 1/4 inch thick. Using 4- to 4 1/2-inch round cutter, cut out 7 rounds. Using 2-inch round cutter, cut and remove center from each round (save centers for rerolling).
- Cut each ring in half, making 2 curved rainbow shapes from each, for a total of 1
- Place on ungreased cookie sheet.
- Roll remaining dough 1/4 inch thick. Using 2-inch round cutter, cut out 14 small rounds.
- Place on ungreased cookie sheet. Partially bake cookies 5 to 6 minutes or just until set.
- Unroll and remove paper from Betty Crocker Fruit
- Roll-Ups snacks. Using same 2-inch round cutter, cut 14 small green rounds.
- Roll top of each round down slightly.
- Brush top of each small round cookie lightly with water; place green snack on each cookie to be pot.
- Place 3 yellow Gushers snacks on remaining half of each cookie to be gold.
- Cut 14 strips (about 1/4-inch wide) of each red, yellow, green and blue fruit snack.
- Brush top of each rainbow cookie lightly with water.
- Place 4 colors of snacks on rainbow cookie as shown in photo.
- Bake 2 to 3 minutes longer or until edges are light golden brown and snacks have softened slightly to stick to cookies. Cool completely.

Nutrition Facts



Properties

Glycemic Index:8.93, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:0.93217391099619%

Nutrients (% of daily need)

Calories: 188.34kcal (9.42%), Fat: 6.61g (10.17%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 30.31g (11.02%), Sugar: 16.47g (18.3%), Cholesterol: 23.31mg (7.77%), Sodium: 140.47mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin A: 152.25IU (3.05%), Folate: 10.25µg (2.56%), Vitamin B1: 0.04mg (2.36%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.04mg (2.13%), Iron: 0.26mg (1.44%), Vitamin B3: 0.24mg (1.21%), Vitamin E: 0.16mg (1.06%)