



Rainbow Cookie Bars

 Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



374 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 12 oz fluffy frosting white
- ☐ 1 small yukon gold potatoes for "pot of gold"
- ☐ 25 small gourmet jelly beans yellow
- ☐ 1 serving gourmet jelly beans green blue red yellow for rainbow (25 to 55 each of , orange, , , , purple

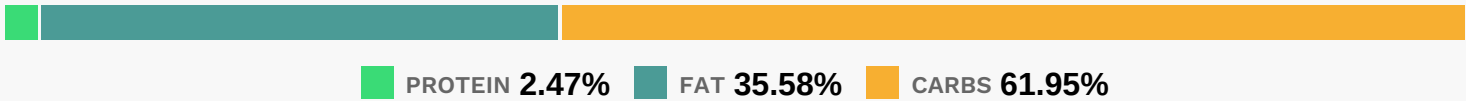
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 13x9-inch pan with foil, extending foil over edges of pan. In medium bowl, stir cookie mix, butter and egg until soft dough forms. Press dough into pan evenly with floured fingers.
- ☐ Bake 20 to 25 minutes or until edge is light golden brown. Cool 15 minutes in pan on wire rack. Pick up foil edges and carefully remove cookie from pan to cooling rack; cool 15 minutes. Turn cookie upside down onto another cooling rack; remove foil.
- ☐ Place cookie on large serving platter.
- ☐ Spread frosting on top and sides of cookie.
- ☐ Place foil baking cup in one corner of cookie; fill with yellow jelly beans. Arrange remaining jelly beans on cookie to look like a rainbow. For 12 bars, cut into 4 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:10.09, Inflammation Score:-2, Nutrition Score:2.3426087109939%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 374kcal (18.7%), Fat: 14.8g (22.77%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 57.69g (20.98%), Sugar: 38.86g (43.18%), Cholesterol: 13.64mg (4.55%), Sodium: 266.72mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin B2: 0.12mg (7.34%), Vitamin A: 358.41IU (7.17%), Vitamin E: 0.77mg (5.11%), Vitamin K: 3.97µg (3.78%), Vitamin C: 2.81mg (3.41%), Folate: 12.97µg (3.24%), Vitamin B1: 0.04mg (2.77%), Vitamin B6: 0.05mg (2.45%), Phosphorus: 22.71mg (2.27%), Potassium: 79.19mg

(2.26%), Iron: 0.37mg (2.07%), Vitamin B3: 0.38mg (1.91%), Selenium: 1.22µg (1.75%), Fiber: 0.32g (1.27%), Vitamin B5: 0.12mg (1.22%), Manganese: 0.02mg (1.18%), Magnesium: 4.31mg (1.08%)