



Rainbow Cookie Pops

 Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- ☐ 16 celery stalks (with round ends)
- ☐ 16 oz vanilla frosting
- ☐ 1 drop food coloring (light blue)
- ☐ 25.5 oz chocolate icing (green, blue, red, yellow, orange, and purple)

Equipment

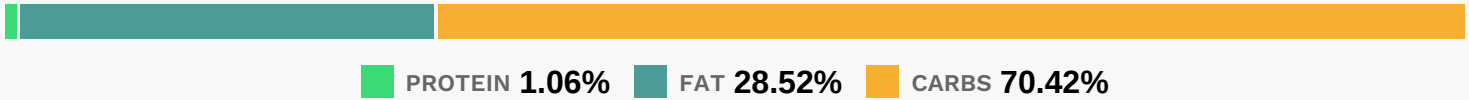
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375°F. In large bowl, stir cookie mix, flour, butter and egg until dough forms. On lightly floured surface, roll dough to 1/4-inch thickness.
- ☐ Cut with 3-inch round cookie cutter. On ungreased cookie sheets, place cutouts about 2 inches apart. Insert 1 craft stick halfway into center of each cookie.
- ☐ Bake 9 to 11 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely.
- ☐ In small bowl, mix 1 cup of the vanilla frosting and the blue food color. Frost cookies.
- ☐ Let stand 10 minutes. With decorating icings, pipe thick stripes of each color for rainbow. Spoon remaining vanilla frosting into decorating bag fitted with 1/2-inch round tip. Pipe clouds on cookies.
- ☐ Let stand until set.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:21.49, Inflammation Score:1, Nutrition Score:1.9386956533012%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 430.02kcal (21.5%), Fat: 13.6g (20.92%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 75.49g (27.45%), Sugar: 60.87g (67.63%), Cholesterol: 0mg (0%), Sodium: 227.15mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin B2: 0.23mg (13.82%), Vitamin K: 10.73µg (10.22%), Vitamin E: 1.14mg (7.57%), Folate: 12.28µg (3.07%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.3mg (1.49%), Phosphorus: 14.2mg (1.42%), Iron: 0.24mg (1.32%), Potassium: 35.43mg (1.01%)