

# Rainbow Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



18

CALORIES



224 kcal

DESSERT

## Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 purple gel food coloring
- ☐ 18 servings granulated sugar
- ☐ 1 pouch sugar cookie mix (1 lb 1.5 oz)
- ☐ 0.5 tub vanilla frosting

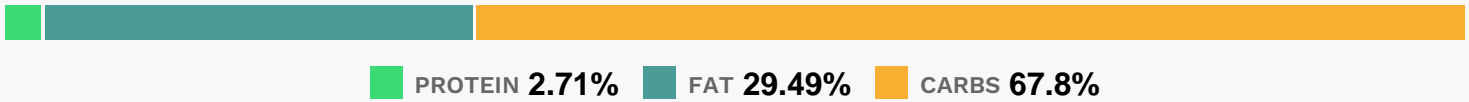
## Equipment

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

## Directions

- ☐ Heat oven to 375F. Stir cookie mix, butter, flour and egg in medium bowl until dough forms. Divide dough evenly among 3 bowls; tint each dough by stirring in a few drops of desired food color.
- ☐ Shape 1/3 cup of each color of dough into a rope about 5 inches long and 1 inch in diameter.
- ☐ Place ropes side by side and a little more than 1/4 inch apart on floured surface; roll until 1/4 inch thick.
- ☐ Cut with 2- to 2 1/2-inch egg-shaped cookie cutter so each cookie has 3 colors.
- ☐ Sprinkle with sugar.
- ☐ Place 2 inches apart on ungreased cookie sheet. Repeat with remaining dough. (When rerolling dough scraps, carefully lay matching colors together.)
- ☐ Bake 7 to 9 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheet to wire rack. Cool completely, about 30 minutes.
- ☐ Spread frosting on bottoms of half the cookies. Top with remaining cookies.

## Nutrition Facts



## Properties

Glycemic Index:10.45, Glycemic Load:10.31, Inflammation Score:-2, Nutrition Score:1.0078260841901%

## Nutrients (% of daily need)

Calories: 223.55kcal (11.18%), Fat: 7.39g (11.37%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 38.19g (13.89%), Sugar: 26.88g (29.87%), Cholesterol: 9.09mg (3.03%), Sodium: 147.95mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin A: 238.75IU (4.77%), Vitamin B2: 0.04mg (2.58%), Folate: 9.06µg (2.27%), Vitamin B1: 0.03mg (2.14%), Selenium: 1.41µg (2.02%), Vitamin E: 0.27mg (1.82%),

Iron: 0.23mg (1.3%), Vitamin B3: 0.22mg (1.12%)