



## Rainbow Sugar Cookie Cups

READY IN



180 min.

SERVINGS



8

CALORIES



274 kcal

### Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.3 cup shortening
- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup rainbow-colored candy

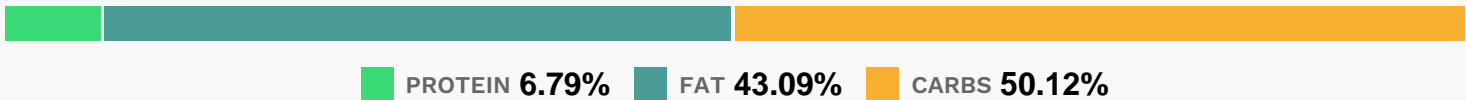
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ hand mixer
- ☐ rolling pin
- ☐ muffin tray

# Directions

- ☐ In large bowl, beat butter, shortening and sugar with electric mixer on medium speed until light and fluffy. Beat in vanilla and egg. On low speed, beat in flour, salt and baking powder until well combined. Beat in decors. Wrap dough in plastic wrap. Refrigerate 2 hours.
- ☐ Heat oven to 375°F.
- ☐ Place regular-size muffin cup pan upside down on cookie sheet. Spray pan with cooking spray.
- ☐ On work surface with rolling pin, roll dough until 1/8-inch thickness. With 4-inch round cutter, cut 8 rounds from dough.
- ☐ Place each dough round over muffin cup, smoothing dough and fixing any holes or cracks.
- ☐ Bake 10 to 12 minutes or until light golden brown. Cool cookie cups on muffin pan 10 minutes. Gently remove cookie cups from pan to cooling rack. Cool completely, about 15 minutes.

# Nutrition Facts



# Properties

Glycemic Index:35.89, Glycemic Load:24.61, Inflammation Score:-3, Nutrition Score:5.1504347933375%

Nutrients (% of daily need)

Calories: 274.42kcal (13.72%), Fat: 13.22g (20.34%), Saturated Fat: 5.51g (34.44%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 33.96g (12.35%), Sugar: 16.75g (18.61%), Cholesterol: 40.07mg (13.36%), Sodium: 215.22mg (9.36%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 4.69g (9.38%), Selenium: 10.74µg (15.34%), Vitamin B1: 0.2mg (13.13%), Folate: 46.58µg (11.64%), Vitamin B2: 0.15mg (9.09%), Vitamin B3: 1.79mg (8.95%), Manganese: 0.17mg (8.73%), Iron: 1.27mg (7.03%), Vitamin B12: 0.39µg (6.5%), Phosphorus: 60.69mg (6.07%), Vitamin A: 211.56IU (4.23%), Vitamin E: 0.63mg (4.19%), Vitamin K: 3.99µg (3.8%), Vitamin B5: 0.31mg (3.07%), Fiber: 0.63g (2.53%), Vitamin B6: 0.05mg (2.5%), Copper: 0.05mg (2.36%), Zinc: 0.32mg (2.16%), Calcium: 20.94mg (2.09%), Magnesium: 8.32mg (2.08%), Potassium: 70.69mg (2.02%)