



Rainbow Swirl Cookies

READY IN



60 min.

SERVINGS



24

CALORIES



121 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 1 tablespoon flour all-purpose
- 0.5 cup butter unsalted softened
- 1 eggs
- 1 serving purple gel food coloring green blue red yellow
- 1 serving sprinkles

Equipment

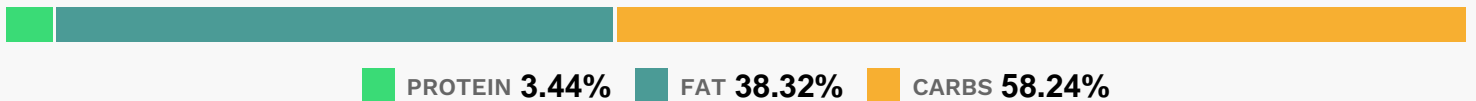
- bowl

- baking sheet
- oven
- wire rack

Directions

- Heat oven to 375°F (350°F for dark or nonstick cookie sheet). In large bowl, stir cookie mix and flour until blended.
- Add butter and egg; stir until dough forms.
- Divide dough into 4 portions; place in separate small bowls.
- Add a few drops blue food color to 1 bowl; stir until dough is evenly tinted, adding more food color as necessary. Repeat with remaining 3 bowls of dough and food colors.
- On lightly floured surface, roll each portion of tinted dough into 24 grape-size balls. Press together 4 balls (1 ball of each color) to look like a miniature beach ball.
- Roll ball into 5-inch rope, then coil rope into spiral shape.
- Place on ungreased cookie sheet. Repeat with remaining dough. Top cookies with sprinkles.
- Bake 8 to 10 minutes or until set. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely before storing.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.53999999708132%

Nutrients (% of daily need)

Calories: 120.65kcal (6.03%), Fat: 5.15g (7.92%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 17.61g (6.4%), Sugar: 9.98g (11.09%), Cholesterol: 16.99mg (5.66%), Sodium: 62.19mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 128.08IU (2.56%), Folate: 4.88µg (1.22%), Vitamin B2: 0.02mg (1.09%), Vitamin B1: 0.02mg (1.06%), Selenium: 0.72µg (1.02%)