



Raspberry Liqueur Valentine Cookies

READY IN



100 min.

SERVINGS



36

CALORIES



130 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 cup butter
- 1 tablespoon cherry jell-o® mix flavored
- 3 cups confectioners' sugar
- 1 egg white room temperature
- 2 eggs
- 2.8 cups flour all-purpose
- 0.5 teaspoon lemon extract
- 2 tablespoons milk room temperature

- 2 tablespoons raspberry liqueur flavored
- 1 pinch salt
- 0.5 teaspoon vanilla extract
- 0.5 cup vegetable shortening

Equipment

- bowl
- baking sheet
- oven
- hand mixer
- cookie cutter

Directions

- In a medium bowl, beat together the butter, shortening, and 1 cup sugar until smooth and creamy; then add eggs, vanilla, and lemon extract. In a large bowl, mix together flour, salt, and baking powder. Make a well in the middle, and pour creamy mixture into it, folding the dry into the wet until mixed. Stir in 2 tablespoons milk at the end. To make rolling easier, you may cover and refrigerate anywhere from 1 hour up to a few days.
- Preheat oven to 350 degrees F (175 degrees C). On a lightly floured surface, roll out dough to 1/8 inch thickness. Use a heart-shaped cookie cutter to cut shapes out of dough.
- Place cookies 2 inches apart on a baking sheet.
- Bake in preheated oven for 6 to 10 minutes. Slightly browned is OK, but not necessary.
- Remove from baking sheets to wire racks to cool.
- Meanwhile, in a medium bowl, beat egg white with an electric mixer until frothy but not stiff. Gradually beat in 1 1/2 cups sugar, then 1/8 cup milk.
- Mix in raspberry liqueur and cherry-flavored gelatin. Gradually beat in remaining 1 1/2 cups sugar and pinch of salt, mixing until the icing looks about like marshmallow fluff, not quite stiff enough to stand in peaks.
- Spread icing on top of cookies.

Nutrition Facts



■ PROTEIN 4.51% ■ FAT 40.14% ■ CARBS 55.35%

Properties

Glycemic Index:7.08, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:1.9795652368794%

Nutrients (% of daily need)

Calories: 129.5kcal (6.48%), Fat: 5.76g (8.86%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 17.62g (6.41%), Sugar: 10.31g (11.45%), Cholesterol: 15.97mg (5.32%), Sodium: 63.34mg (2.75%), Alcohol: 0.24g (100%), Alcohol %: 0.96% (100%), Protein: 1.46g (2.91%), Selenium: 4.28µg (6.11%), Vitamin B1: 0.08mg (5.15%), Folate: 18.76µg (4.69%), Vitamin B2: 0.07mg (3.9%), Manganese: 0.07mg (3.33%), Iron: 0.53mg (2.96%), Vitamin B3: 0.57mg (2.85%), Phosphorus: 24.51mg (2.45%), Calcium: 24.38mg (2.44%), Vitamin A: 93.34IU (1.87%), Vitamin E: 0.28mg (1.86%), Vitamin K: 1.77µg (1.69%), Vitamin B5: 0.11mg (1.07%), Fiber: 0.26g (1.03%)