



Reindeer Sugar Cookies

READY IN



60 min.

SERVINGS



1

CALORIES



3054 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 1 large egg yolk
- 1.3 cups flour all-purpose
- 32 gourmet jelly beans white halved
- 1 tablespoon juice of lemon
- 32 m&m's minis
- 1 teaspoon orange zest grated
- 32 small pretzels plain
- 1 pinch salt

- 5 ounces bittersweet chocolate chopped
- 0.5 cup sugar
- 0.3 lb butter unsalted at room temperature
- 0.3 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 400F. Line 2 large baking sheets with parchment paper.
- Make cookies: Sift flour, baking soda and salt. In another bowl, beat butter, sugar, zest and vanilla until fluffy. Beat in yolk.
- Add flour mixture in 2 batches, alternating with lemon juice.
- Form balls using 2 Tbsp. dough for each. Arrange 2 inches apart on sheet; flatten each to a 3-inch round.
- Bake, 1 sheet at a time, for 8 minutes, until edges are golden.
- Let cool on a rack for 5 minutes.
- Cut each cookie into 4 wedges; cool completely.
- Decorate cookies: Melt chocolate in a bowl set over a pan of simmering water.
- Spread each cookie with chocolate, add 2 pretzel horns, 2 jelly bean eyes and an M&M nose to each. Dot each eye with chocolate.
- Let stand until chocolate is set, 10 minutes.

Nutrition Facts

 PROTEIN 4.33%  FAT 47.15%  CARBS 48.52%

Properties

Glycemic Index:228.09, Glycemic Load:176.52, Inflammation Score:-10, Nutrition Score:52.343478368676%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 3053.91kcal (152.7%), Fat: 161.11g (247.86%), Saturated Fat: 96.11g (600.66%), Carbohydrates: 373.05g (124.35%), Net Carbohydrates: 355.21g (129.17%), Sugar: 196.05g (217.83%), Cholesterol: 440.71mg (146.9%), Sodium: 786.15mg (34.18%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Caffeine: 121.9mg (40.63%), Protein: 33.3g (66.59%), Manganese: 3.28mg (163.78%), Selenium: 77.93µg (111.32%), Copper: 2.1mg (104.81%), Iron: 18.68mg (103.75%), Vitamin B1: 1.45mg (96.71%), Folate: 375.68µg (93.92%), Magnesium: 298.35mg (74.59%), Fiber: 17.83g (71.33%), Phosphorus: 674.73mg (67.47%), Vitamin B2: 1.1mg (64.91%), Vitamin A: 3230.81IU (64.62%), Vitamin B3: 12.19mg (60.95%), Zinc: 5.72mg (38.1%), Potassium: 1123.02mg (32.09%), Vitamin E: 4.18mg (27.85%), Calcium: 212.44mg (21.24%), Vitamin B5: 1.88mg (18.83%), Vitamin K: 19.63µg (18.69%), Vitamin D: 2.62µg (17.46%), Vitamin B12: 0.78µg (12.99%), Vitamin C: 9.39mg (11.38%), Vitamin B6: 0.22mg (10.77%)