



HEALTH SCORE

61%

Rudolph's Christmas Sugar Cookies



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



8758 kcal

DESSERT

Ingredients

- ☐ 36 pretzel twists
- ☐ 18 cinnamon candies red
- ☐ 16.5 oz sugar cookie dough refrigerated
- ☐ 36 semisweet chocolate morsels mini

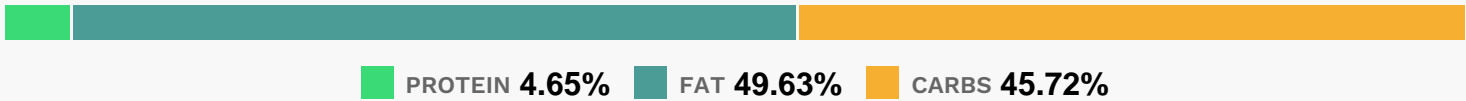
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Freeze dough 15 minutes.
- ☐ Roll dough to a 1/4-inch thickness on a floured surface.
- ☐ Cut dough with a 3-inch round cutter, and place 2 inches apart on ungreased baking sheets. Using thumb and forefinger, pinch opposite sides of each slice about two-thirds of the way down to shape face.
- ☐ Break curved sides away from center of each pretzel twist to form antlers. Press bottom of 1 set of antlers on each side at top of each reindeer face.
- ☐ Bake at 350 according to package directions or until lightly browned.
- ☐ Remove from oven; press in 2 chocolate mini morsels for eyes and 1 red cinnamon candy for nose.
- ☐ Let cool 1 minute on baking sheets.
- ☐ Remove to wire racks; cool 20 minutes or until completely cool.
- ☐ Christmas Tree Sugar Cookies: Omit pretzels, chocolate mini morsels, and cinnamon candies. Freeze dough 15 minutes.
- ☐ Roll dough to a 1/4-inch thickness on a floured surface, and cut with a 3-inch Christmas tree-shaped cookie cutter.
- ☐ Place 2 inches apart on ungreased baking sheets.
- ☐ Bake at 350 according to package directions or until lightly browned.
- ☐ Remove from oven, and cool as directed. Frost tops of cookies with ready-to-spread vanilla frosting, and sprinkle with red and green colored sugars and sprinkles.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:138.05, Inflammation Score:-10, Nutrition Score:71.907391216444%

Nutrients (% of daily need)

Calories: 8757.96kcal (437.9%), Fat: 483.61g (744.02%), Saturated Fat: 248.32g (1551.98%), Carbohydrates: 1002.49g (334.16%), Net Carbohydrates: 910.29g (331.02%), Sugar: 557.9g (619.88%), Cholesterol: 111.93mg

(37.31%), Sodium: 4140.4mg (180.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 866.88mg (288.96%), Protein: 102g (204%), Manganese: 16.81mg (840.6%), Copper: 13.09mg (654.49%), Magnesium: 1869.46mg (467.37%), Iron: 82.25mg (456.96%), Phosphorus: 3687.81mg (368.78%), Fiber: 92.19g (368.78%), Zinc: 30.08mg (200.54%), Potassium: 6884.66mg (196.7%), Folate: 685.65µg (171.41%), Vitamin B3: 31.11mg (155.56%), Selenium: 108.68µg (155.25%), Vitamin B1: 2.2mg (146.49%), Vitamin K: 119.79µg (114.08%), Vitamin B2: 1.78mg (104.81%), Calcium: 720.7mg (72.07%), Vitamin E: 7.85mg (52.34%), Vitamin B5: 4.9mg (49.05%), Vitamin B12: 1.91µg (31.8%), Vitamin B6: 0.59mg (29.57%), Vitamin A: 677.07IU (13.54%), Vitamin C: 4.54mg (5.5%)