



Severed Finger Sugar Cookies

 Dairy Free

READY IN



90 min.

SERVINGS



24

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 eggs
- ☐ 0.3 cup almonds raw sliced
- ☐ 0.3 cup strawberry jam seedless
- ☐ 7 drops food coloring red

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ butter knife

Directions

- ☐ Heat oven to 350°F. Line cookie sheets with cooking parchment paper or silicone baking mats.
- ☐ In medium bowl, mix cookie mix and egg, using fork or spatula, until well mixed and texture of sand or bread crumbs. Squeeze handful of dough crumbs together tightly to form small log or "finger." Score top of log with butter knife to shape the knuckle, then press 1 sliced almond at one end to make the fingernail. Repeat to use up dough. Refrigerate 30 minutes.
- ☐ Bake 15 minutes. Cool completely, about 30 minutes.
- ☐ Meanwhile, in small bowl, mix jam and food color with whisk. Trim base of "finger" with fork to give it a severed look. Dip base of finger into jam.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:0.66391304434965%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 99.23kcal (4.96%), Fat: 1.77g (2.73%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 19.47g (7.08%), Sugar: 11.36g (12.62%), Cholesterol: 6.82mg (2.27%), Sodium: 62.8mg (2.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin E: 0.27mg (1.79%), Vitamin B2: 0.03mg (1.71%), Folate: 4.98µg (1.25%), Manganese: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.04%)