



Snowflake Cookies

READY IN



132 min.

SERVINGS



2

CALORIES



1367 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 3 tablespoons canola oil
- 2 servings grands flaky refrigerator biscuits
- 2 large egg whites
- 1 cup flour all-purpose
- 2 servings meringue icing
- 0.3 teaspoon salt
- 0.7 cup sugar
- 0.3 cup butter unsalted softened

- 2 teaspoons vanilla extract
- 1 cup flour whole-wheat white

Equipment

- bowl
- baking sheet
- oven
- wire rack
- plastic wrap
- hand mixer
- cookie cutter
- spatula
- rolling pin

Directions

- In a medium bowl, combine flours, baking powder, and salt.
- In large bowl, combine sugar, oil, and butter; beat with a stand or hand mixer at low speed until blended (about 3 minutes). Increase speed to high; beat until light and creamy (about 3 minutes), occasionally scraping side of bowl with rubber spatula. Reduce speed to low; add egg whites and vanilla, beating until smooth.
- Add flour mixture to sugar mixture; beat just until blended.
- Divide dough in half; flatten each half into a disk. Wrap each disk with plastic wrap; refrigerate 2 hours or until dough is firm enough to roll.
- Preheat oven to 37
- Using a floured rolling pin, roll 1 dough disc to 1/8 inch thick on a lightly floured surface. Use cookie cutters to cut out as many cookies as possible. With a lightly floured spatula, place cookies 1 inch apart on an ungreased large baking sheet.
- Bake cookies until lightly browned (about 10–12 minutes).
- Transfer cookies to wire rack; cool. Top with meringue icing. Repeat procedure with remaining dough and trimmings.

Nutrition Facts

PROTEIN 5.7% FAT 37.89% CARBS 56.41%

Properties

Glycemic Index:172.05, Glycemic Load:100.67, Inflammation Score:-8, Nutrition Score:29.089999841607%

Nutrients (% of daily need)

Calories: 1367.43kcal (68.37%), Fat: 58.27g (89.65%), Saturated Fat: 19.58g (122.35%), Carbohydrates: 195.19g (65.06%), Net Carbohydrates: 186.72g (67.9%), Sugar: 91.42g (101.58%), Cholesterol: 61.01mg (20.34%), Sodium: 608.42mg (26.45%), Alcohol: 1.38g (100%), Alcohol %: 0.52% (100%), Protein: 19.73g (39.45%), Manganese: 3mg (150.19%), Selenium: 67.32µg (96.17%), Vitamin B1: 0.9mg (59.78%), Vitamin B2: 0.75mg (44.19%), Folate: 167.87µg (41.97%), Vitamin E: 5.91mg (39.39%), Vitamin B3: 7.71mg (38.54%), Iron: 6.12mg (34.01%), Phosphorus: 339.13mg (33.91%), Fiber: 8.47g (33.89%), Magnesium: 105.11mg (26.28%), Vitamin K: 25.01µg (23.82%), Copper: 0.38mg (19.06%), Vitamin A: 738.57IU (14.77%), Vitamin B6: 0.3mg (14.76%), Zinc: 2.2mg (14.68%), Potassium: 386.95mg (11.06%), Calcium: 103.42mg (10.34%), Vitamin B5: 0.83mg (8.31%), Vitamin D: 0.43µg (2.84%), Vitamin B12: 0.08µg (1.3%)