



## Sparkling Star Cookies

 Dairy Free

READY IN



175 min.

SERVINGS



60

CALORIES



55 kcal

DESSERT

### Ingredients

- 1 cup granulated sugar
- 0.5 cup butter softened
- 1 eggs
- 1.8 cups flour all-purpose
- 0.3 cup almonds finely chopped
- 0.5 teaspoon baking soda
- 0.3 teaspoon salt
- 1 cup powdered sugar

- 2 tablespoons water
- 3 tablespoons sprinkles (any color)

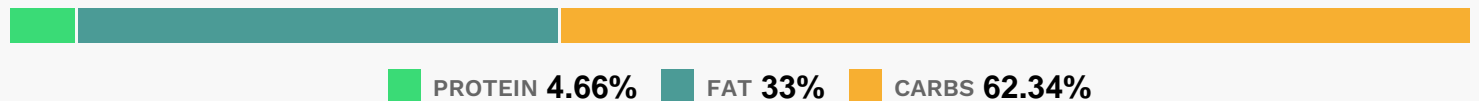
## Equipment

- bowl
- baking sheet
- oven
- cookie cutter

## Directions

- Heat oven to 375°F.
- Mix granulated sugar, butter and egg in medium bowl. Stir in flour, almonds, baking soda and salt.
- Divide dough into 3 parts.
- Roll each part 1/8 inch thick on lightly floured cloth-covered surface.
- Cut with 2- to 2 1/2-inch star-shaped cookie cutter.
- Place on ungreased cookie sheet.
- Bake 6 to 7 minutes or until edges are light brown; Cool completely, about 1 hour.
- Mix powdered sugar and water until smooth and a thin spreading consistency.
- Spread very thinly on cookies.
- Sprinkle with edible glitter.

## Nutrition Facts



## Properties

Glycemic Index:2.58, Glycemic Load:4.35, Inflammation Score:-1, Nutrition Score:0.90956522273305%

## 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 Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 55.25kcal (2.76%), Fat: 2.06g (3.17%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.56g (3.11%), Sugar: 5.78g (6.43%), Cholesterol: 2.73mg (0.91%), Sodium: 37.87mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Selenium: 1.53µg (2.18%), Manganese: 0.04mg (2.17%), Vitamin B1: 0.03mg (2.05%), Vitamin B2: 0.03mg (1.89%), Folate: 7.39µg (1.85%), Vitamin E: 0.27mg (1.81%), Vitamin A: 71.63IU (1.43%), Vitamin B3: 0.25mg (1.22%), Iron: 0.21mg (1.19%)