



Sparkling Star Cookies

 Dairy Free

READY IN



175 min.

SERVINGS



60

CALORIES



57 kcal

DESSERT

Ingredients

- 0.3 cup almonds finely chopped
- 0.5 teaspoon baking soda
- 0.5 cup butter softened
- 1 eggs
- 1.8 cups flour all-purpose gold medal®
- 1 cup granulated sugar
- 3 tablespoons m&m candies betty crocker® (any color)
- 1 cup powdered sugar

- 0.3 teaspoon salt
- 2 tablespoons water

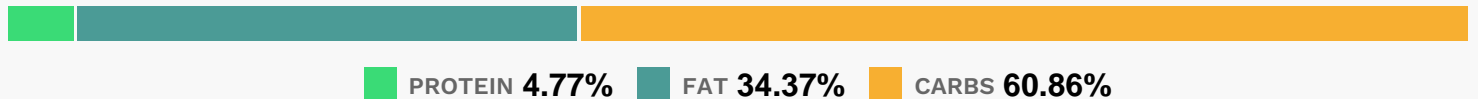
Equipment

- 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:0.92130435403922%

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: 56.85kcal (2.84%), Fat: 2.21g (3.4%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.79g (6.44%), Cholesterol: 2.84mg (0.95%), Sodium: 38.37mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), 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: 73.29IU (1.47%), Iron: 0.22mg (1.24%), Vitamin B3: 0.25mg (1.22%)