



Spooky Skeleton Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



158 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1 tablespoon meringue powder
- ☐ 2 tablespoons water cold
- ☐ 1 cup powdered sugar

Equipment

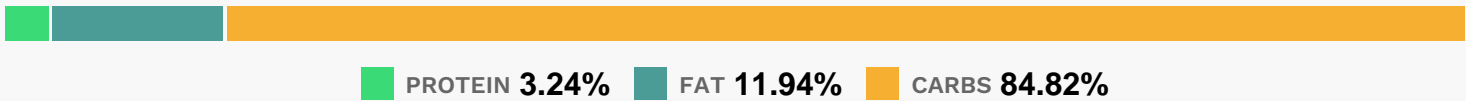
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375°F.
- ☐ In medium bowl, stir together cookie mix, flour and cocoa.
- ☐ Add butter and egg; stir until soft dough forms. On work surface sprinkled with flour, roll dough 1/4 inch thick.
- ☐ Cut with 4-inch gingerbread cookie cutter.
- ☐ Place 1 inch apart on ungreased cookie sheet.
- ☐ Bake 6 to 8 minutes or until set. Cool 1 minute; remove from cookie sheet to cooling rack to cool completely.
- ☐ In medium bowl, beat meringue powder and cold water with electric mixer on medium speed until peaks form. Gradually beat in powdered sugar about 1 minute or until soft peaks form.
- ☐ Place in 12-inch piping bag fitted with #3 tip. Pipe skeleton design on cookies.
- ☐ Let sit about 5 minutes or until icing is set.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.65217391620188%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 158.03kcal (7.9%), Fat: 2.12g (3.26%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 33.18g (12.07%), Sugar: 21.77g (24.19%), Cholesterol: 0mg (0%), Sodium: 89.09mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Fiber: 0.66g (2.63%), Copper: 0.04mg (1.82%), Manganese: 0.04mg (1.81%), Iron: 0.25mg (1.37%), Folate: 5.26µg (1.32%), Vitamin B1: 0.02mg (1.29%), Magnesium: 4.7mg (1.17%)