



## Spritz Candy Cane Cookies

READY IN



75 min.

SERVINGS



84

CALORIES



44 kcal

DESSERT

### Ingredients

- 0.8 cup sugar
- 0.5 cup shortening
- 0.5 cup butter softened
- 1 teaspoon peppermint extract
- 1 eggs
- 2.3 cups flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 1 Dash salt
- 6 drops food coloring red

15 peppermint candies hard crushed finely

## Equipment

bowl

baking sheet

oven

## Directions

Heat oven to 375°F. In large bowl, combine sugar, shortening and butter; beat until light and fluffy.

Add peppermint extract and egg; beat until well combined.

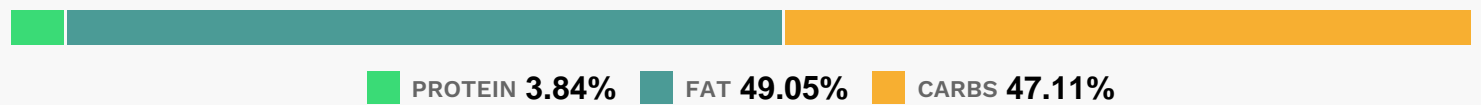
Add flour, baking powder and salt; mix well.

Divide dough in half. To 1 half, add food color; mix until well blended and uniform in color.

Attach star template to cookie press. With press lying on its side, fill one side with half of white dough; fill other side with half of pink dough. Press dough onto ungreased cookie sheets, forming 4-inch strips. Bend tops of each strip to form cane shape. Repeat with remaining dough.

Bake at 375°F. for 4 to 7 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheet. Immediately sprinkle warm cookies with crushed candy.

## Nutrition Facts



## Properties

Glycemic Index:4.25, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:0.6247826066354%

## Nutrients (% of daily need)

Calories: 44.05kcal (2.2%), Fat: 2.4g (3.7%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.4g (2.67%), Cholesterol: 4.85mg (1.62%), Sodium: 12.56mg (0.55%), Alcohol: 0.02g (100%), Alcohol %: 0.23% (100%), Protein: 0.42g (0.85%), Selenium: 1.32µg (1.89%), Vitamin B1: 0.03mg (1.79%), Folate: 6.41µg (1.6%), Vitamin B2: 0.02mg (1.16%), Manganese: 0.02mg (1.16%)