



## Spritz Cookies

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



313 kcal

DESSERT

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 2.3 cups flour all-purpose sifted
- ☐ 0.1 teaspoon drop natural food coloring green red
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar

☐ 1 teaspoon vanilla extract

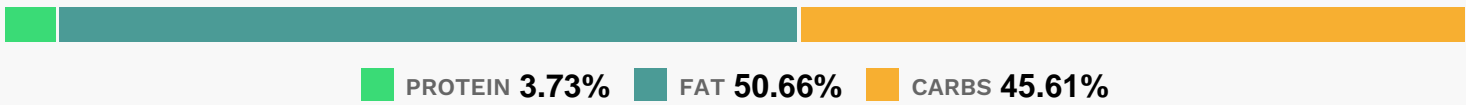
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags

Directions

- ☐ Beat shortening at medium speed with an electric mixer until creamy. Gradually add 3/4 cup sugar, beating until light and fluffy.
- ☐ Add egg and vanilla, beating until blended.
- ☐ Combine flour, salt, and baking powder; gradually add to shortening mixture, beating at low speed until blended. Cover and chill 10 minutes.
- ☐ Combine 1/3 cup sugar and food coloring gel in a zip-top plastic bag, and seal; shake and squeeze bag to evenly distribute color. (Too much gel will make sugar wet.)
- ☐ Press dough into desired shapes using a cookie press.
- ☐ Sprinkle cookies with colored sugar, or top with candied cherries, if desired.
- ☐ Place cookies on ungreased baking sheets.
- ☐ Bake at 400 for 8 to 10 minutes or until lightly browned. Cool completely on wire racks.
- ☐ \*Red or green decorator sugar crystals may be substituted for sugar and food coloring gel.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:25.59, Inflammation Score:-1, Nutrition Score:4.4382608221925%

Nutrients (% of daily need)

Calories: 312.85kcal (15.64%), Fat: 17.77g (27.33%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 35.35g (12.86%), Sugar: 18.14g (20.16%), Cholesterol: 15.5mg (5.17%), Sodium: 73.39mg (3.19%),

Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Protein: 2.95g (5.89%), Selenium: 9.33µg (13.33%), Vitamin B1: 0.19mg (12.61%), Folate: 44.85µg (11.21%), Vitamin K: 9.17µg (8.73%), Vitamin B2: 0.14mg (8.15%), Manganese: 0.16mg (8.13%), Vitamin E: 1.11mg (7.37%), Vitamin B3: 1.39mg (6.94%), Iron: 1.2mg (6.67%), Phosphorus: 37.23mg (3.72%), Vitamin B5: 0.28mg (2.83%), Fiber: 0.63g (2.53%), Copper: 0.04mg (1.92%), Calcium: 16.06mg (1.61%), Zinc: 0.22mg (1.47%), Magnesium: 5.74mg (1.44%)