



Spritz Cookies

 Dairy Free

READY IN



45 min.

SERVINGS



66

CALORIES



53 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup shortening
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

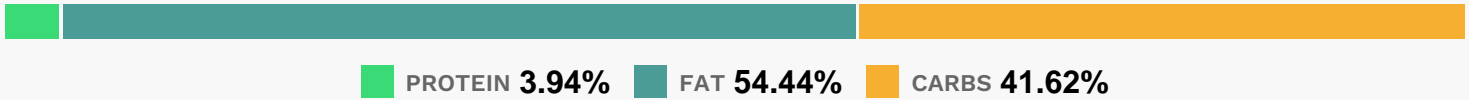
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ pastry bag

Directions

- ☐ Cream shortening in a medium mixing bowl; gradually add sugar, beating until light and fluffy.
- ☐ Add egg and vanilla, beating well.
- ☐ Sift together flour, baking powder, and salt in a small mixing bowl; gradually add to creamed mixture, stirring well after each addition.
- ☐ Press dough from a cookie press onto ungreased cookie sheets, using desired shaping disks.
- ☐ Bake at 350 for 12 to 15 minutes.
- ☐ Remove from cookie sheets, and cool completely on wire racks.
- ☐ Spoon frosting into a pastry bag fitted with a star tip; decorate each cookie as desired.

Nutrition Facts



Properties

Glycemic Index:3.59, Glycemic Load:3.95, Inflammation Score:-1, Nutrition Score:0.79782609771127%

Nutrients (% of daily need)

Calories: 52.86kcal (2.64%), Fat: 3.22g (4.95%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.42g (1.97%), Sugar: 2.29g (2.54%), Cholesterol: 2.48mg (0.83%), Sodium: 13.21mg (0.57%), Alcohol: 0.02g (100%), Alcohol %: 0.25% (100%), Protein: 0.52g (1.05%), Selenium: 1.66µg (2.38%), Vitamin B1: 0.03mg (2.29%), Folate: 8.1µg (2.03%), Vitamin K: 1.67µg (1.59%), Manganese: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.45%), Vitamin E: 0.2mg (1.33%), Vitamin B3: 0.25mg (1.26%), Iron: 0.22mg (1.2%)