



Stained Glass Cookies

 Dairy Free

READY IN



188 min.

SERVINGS



24

CALORIES



150 kcal

DESSERT

Ingredients

- 0.5 tsp baking soda
- 0.5 cup butter softened (1 stick)
- 1 tsp calumet baking powder
- 1 eggs
- 3 cups flour
- 0.5 cup honey
- 0.5 tsp salt
- 6.3 oz rolls candies hard ring-shaped

- 0.5 cup sugar
- 1 tsp vanilla

Equipment

- bowl
- baking sheet
- oven
- hand mixer
- aluminum foil
- cookie cutter
- wax paper

Directions

- Beat butter, sugar, honey, egg and vanilla in large bowl with electric mixer on medium speed until well blended.
- Add flour, baking powder, baking soda and salt; mix well. Cover. Refrigerate at least 2 hours.
- Preheat oven to 350F.
- Place dough on lightly floured surface; roll out to 1/4-inch thickness.
- Cut into desired shapes with 2-1/2- to 3-inch floured cookie cutters. Trace smaller version of each cookie shape on dough, leaving 1/2- to 3/4-inch border of dough.
- Cut out and remove dough from center of each shape; set aside.
- Place cutouts on baking sheets covered with foil. Shape remaining dough into ball; re-roll to make additional cutouts.
- Crush each color of candy separately between 2 layers of wax paper with mallet. Spoon crushed candy inside centers of cutouts.
- Bake 6 to 8 minutes or until candy is melted and cookies are lightly browned. Cool cookies completely before removing from foil.

Nutrition Facts



■ PROTEIN 6.55% ■ FAT 26.1% ■ CARBS 67.35%

Properties

Glycemic Index:15.1, Glycemic Load:17.01, Inflammation Score:-2, Nutrition Score:2.9713043515449%

Nutrients (% of daily need)

Calories: 149.64kcal (7.48%), Fat: 4.38g (6.73%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.86g (9.04%), Sugar: 10.48g (11.64%), Cholesterol: 6.82mg (2.27%), Sodium: 175.02mg (7.61%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.47g (4.94%), Iron: 1.92mg (10.67%), Selenium: 5.94µg (8.49%), Vitamin B1: 0.12mg (8.26%), Folate: 29.64µg (7.41%), Manganese: 0.11mg (5.67%), Vitamin B2: 0.09mg (5.35%), Vitamin B3: 0.93mg (4.67%), Vitamin A: 179.06IU (3.58%), Phosphorus: 26.45mg (2.65%), Fiber: 0.55g (2.19%), Calcium: 18.21mg (1.82%), Copper: 0.03mg (1.34%), Vitamin E: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.05%)