



Stained Glass Cookies

 Popular

READY IN



130 min.

SERVINGS



24

CALORIES



108 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter (1 stick)
- ☐ 0.5 cup granulated sugar white
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 eggs
- ☐ 2 cups flour
- ☐ 0.3 teaspoon salt

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 30 candies hard (such as Life Savers)

Equipment

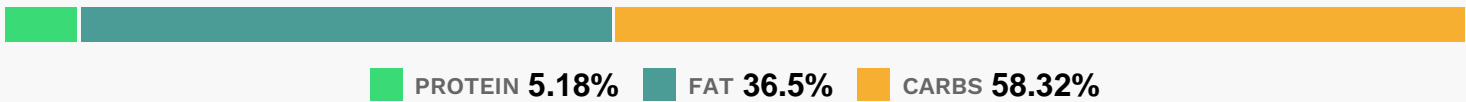
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Preheat oven, prepare baking sheets: Pre-heat oven to 375°F. Line two baking sheets with parchment paper or Silpat.
- ☐ Beat butter, sugars, then add molasses, vanilla, then egg: Using an electric mixer, beat together butter, white sugar, and brown sugar until fluffy, about 2 minutes. Beat in the molasses and vanilla extract.
- ☐ Add egg and beat on medium speed until light and smooth.
- ☐ Whisk together dry ingredients, add to wet: In a separate bowl, whisk together the flour, salt, and baking powder.
- ☐ Add dry ingredients to wet ingredients a third at a time, mixing until the flour is just incorporated.
- ☐ Chill the dough: Divide the dough in half and flatten into two disks. Wrap disks in plastic wrap and refrigerate at least an hour and up to 2 days.
- ☐ Crush candies:

- ☐ Remove any plastic wrapping on the hard candies. Sort the hard candies by color and place them into separate plastic bags. Crush the candies with a mallet or hammer.
- ☐ Roll out dough:
- ☐ Place one of the dough disks between two large sheets of waxed paper and use a rolling pin to roll out to an even thickness of 1/4-inch
- ☐ Cut shapes with cookie cutters: Use cookie cutters to cut the dough into forms.
- ☐ Transfer the cookies to a prepared baking sheet, placing them about 1 inch apart from each other. Using a smaller cookie cutter of similar shape or a knife, cut shapes into centers of cookies. (You can use the centers for extra dough.)
- ☐ crushed candies into cookie centers:
- ☐ Sprinkle the crushed candy into the empty centers of the cookies, filling them to the edges. Try to keep the candy within the centers. Any candy specks that fall on the cookie will color the cookie.
- ☐ hole if using for decorations: If you plan on using the cookies as decoration, to be hung as an ornament, poke a small hole in the top of each cookie before baking.
- ☐ at 375°F for 9 to 10 minutes. The candy should be bubbly and the cookies just barely beginning to brown.
- ☐ Remove baking sheets from oven and place on wire racks to cool.
- ☐ Allow cookies to cool on pans at least 10 minutes; otherwise, the candy centers may separate from the dough. When cookies are completely cooled, remove and store in an airtight container.
- ☐ String with ribbon if you want to hang as an ornament.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:8.97, Inflammation Score:-1, Nutrition Score:2.0013043333817%

Nutrients (% of daily need)

Calories: 108.19kcal (5.41%), Fat: 4.42g (6.8%), Saturated Fat: 2.69g (16.78%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.57g (5.66%), Sugar: 7.83g (8.7%), Cholesterol: 17.18mg (5.73%), Sodium: 72.54mg (3.15%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.41g (2.82%), Selenium: 4.34µg (6.2%), Vitamin B1: 0.08mg

(5.54%), Folate: 20.09µg (5.02%), Manganese: 0.09mg (4.31%), Vitamin B2: 0.06mg (3.67%), Iron: 0.6mg (3.35%), Vitamin B3: 0.63mg (3.14%), Vitamin A: 130.88IU (2.62%), Phosphorus: 19.11mg (1.91%), Calcium: 16.2mg (1.62%), Fiber: 0.32g (1.26%), Magnesium: 4.87mg (1.22%), Copper: 0.02mg (1.09%)