



Stained Glass Heart Cookies

READY IN



60 min.

SERVINGS



22

CALORIES



120 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 1 eggs
- 3 tablespoons flour all-purpose
- 5 strawberry jam flavored
- 1 pouch sugar cookie mix

Equipment

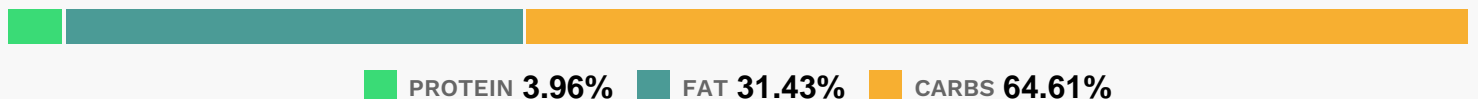
- bowl
- baking sheet

- baking paper
- oven
- cookie cutter

Directions

- Unroll and remove paper from Betty Crocker Fruit
- Roll-Ups snacks. Using 1 1/2-inch heart-shaped cookie cutter, cut out 66 small heart shapes.
- Heat oven to 375F. Spray cookie sheet with cooking spray, or line with cooking parchment paper.
- In medium bowl, mix cookie mix, butter, flour and egg until soft dough forms. On lightly floured surface, roll dough 1/4 inch thick. Using 3-inch heart-shaped cookie cutter, cut out 22 large heart shapes. Using 1 1/2-inch heart-shaped cookie cutter, cut center out of each large heart.
- Place the 22 small heart-shaped cookies on cookie sheet.
- Brush cookies lightly with water.
- Place 1 heart-shaped fruit snack cutout on each small cookie.
- Use small amount of water to "glue" 2 heart-shaped fruit snack cutouts together to make a double layer.
- Place on cookie sheet.
- Place large heart-shaped cookie with center removed on top of double layer of fruit snack hearts. Repeat with remaining fruit snacks and large heart cookies.
- Bake 7 to 9 minutes or until edges are light golden brown. Cool completely.

Nutrition Facts



Properties

Glycemic Index:8.18, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:0.59695651916706%

Nutrients (% of daily need)

Calories: 120.46kcal (6.02%), Fat: 4.21g (6.47%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 19.43g (7.07%), Sugar: 10.58g (11.76%), Cholesterol: 14.83mg (4.94%), Sodium: 89.46mg (3.89%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin A: 96.75IU (1.94%), Folate: 6.55µg (1.64%),
Vitamin B1: 0.02mg (1.5%), Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.36%)