



Star Cookie Pops

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



624 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter softened
- 12 celery stalks (with round ends)
- 12 servings sprinkles
- 1 eggs
- 3.5 cups flour all-purpose
- 2 cups granulated sugar
- 4.3 oz chocolate icing

- 1 teaspoon lemon zest grated
- 0.5 cup powdered sugar
- 0.3 teaspoon salt
- 1 cup shortening
- 0.3 teaspoon vanilla
- 1 teaspoons water hot

Equipment

- bowl
- baking sheet
- oven
- knife
- wire rack
- hand mixer
- cookie cutter

Directions

- Heat oven to 325F. In large bowl, beat granulated sugar, shortening, butter, lemon peel and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking powder and salt.
- On lightly floured surface, roll half of dough at a time to 1/4-inch thickness.
- Cut with 6- to 8-inch star-shaped cookie cutter (or make your own 6- to 8-inch cardboard star pattern, place on dough and cut around pattern with small sharp knife). On ungreased cookie sheet, place cutouts 2 inches apart. Carefully insert 1 inch of craft stick into side of each cookie.
- Bake 15 to 18 minutes or until light brown. Cool 2 minutes; carefully remove from cookie sheet to cooling rack. Cool completely.
- In small bowl, mix powdered sugar, vanilla and hot water until smooth and thin enough to drizzle.
- Spread glaze over cookies. Decorate as desired with icing, sprinkles and colored sugar.

Nutrition Facts

PROTEIN 2.78% FAT 44.87% CARBS 52.35%

Properties

Glycemic Index:26.01, Glycemic Load:46.43, Inflammation Score:-5, Nutrition Score:7.3221737897914%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 624.08kcal (31.2%), Fat: 31.47g (48.42%), Saturated Fat: 7.59g (47.45%), Carbohydrates: 82.63g (27.54%), Net Carbohydrates: 81.56g (29.66%), Sugar: 53.78g (59.75%), Cholesterol: 13.64mg (4.55%), Sodium: 246.33mg (10.71%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 4.39g (8.77%), Vitamin B1: 0.29mg (19.63%), Selenium: 13.74µg (19.63%), Folate: 70.85µg (17.71%), Vitamin B2: 0.24mg (14.25%), Manganese: 0.26mg (12.78%), Vitamin E: 1.71mg (11.41%), Vitamin K: 11.69µg (11.13%), Vitamin B3: 2.19mg (10.97%), Vitamin A: 545.33IU (10.91%), Iron: 1.85mg (10.28%), Phosphorus: 59.99mg (6%), Fiber: 1.07g (4.27%), Vitamin B5: 0.36mg (3.6%), Calcium: 34.1mg (3.41%), Copper: 0.06mg (2.98%), Magnesium: 9.56mg (2.39%), Zinc: 0.32mg (2.13%), Potassium: 65.08mg (1.86%), Vitamin B6: 0.03mg (1.35%)