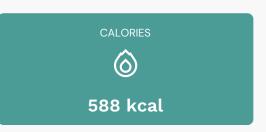


Star Cookie Pops

airy Free







DESSERT

Ingredients

0.3 teaspoon salt

	12 celery stalks with round ends)
	0.5 cup powdered sugar
	0.3 teaspoon vanilla
	1 teaspoons water hot
	4.3 oz chocolate icing
	1 serving m&m candies assorted
Εq	uipment
	bowl
	baking sheet
	oven
	knife
	wire rack
	hand mixer
	cookie cutter
Di	rections
	Heat oven to 325°F. 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 1/4 inch thick.
	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 slightly; carefully remove from cookie sheet to cooling rack. Cool completely, about 30 minutes.
	In small bowl, mix all glaze ingredients until smooth and thin enough to drizzle.
	Spread glaze over cookies. Decorate as desired with icing and candies.

Nutrition Facts

PROTEIN 2.99% 📗 FAT 47.23% 📒 CARBS 49.78%

Properties

Glycemic Index:26.01, Glycemic Load:46.43, Inflammation Score:-5, Nutrition Score:7.3395650982857%

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, Kaempferol: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 588.06kcal (29.4%), Fat: 31.24g (48.07%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 74.09g (24.7%), Net Carbohydrates: 72.99g (26.54%), Sugar: 45.46g (50.51%), Cholesterol: 13.83mg (4.61%), Sodium: 247.18mg (10.75%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 4.45g (8.89%), 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: 548.13IU (10.96%), Iron: 1.87mg (10.36%), Phosphorus: 59.99mg (6%), Fiber: 1.1g (4.4%), Vitamin B5: 0.36mg (3.6%), Calcium: 35.55mg (3.55%), 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%)