



Star Cookie Pops

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 2 cups granulated sugar
- ☐ 1 cup shortening
- ☐ 0.8 cup butter softened
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 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

Equipment

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

Directions

- ☐ 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 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%)