



## Stop-and-Go Cookie Pops

 Dairy Free

READY IN



70 min.

SERVINGS



30

CALORIES



71 kcal

DESSERT

### Ingredients

- 17.5 oz sugar cookie mix
- 1 serving basic cookie mix for on cookie mix pouch for cutout cookies
- 30 celery stalks (with round ends)
- 30 m&m candies (green red yellow)

### Equipment

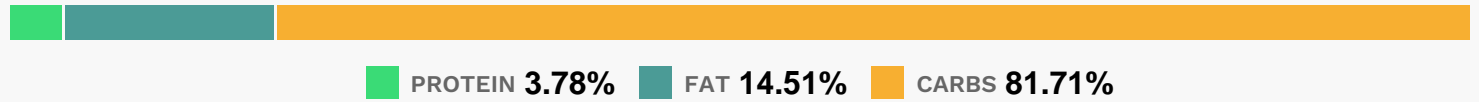
- bowl
- baking sheet
- oven

knife

## Directions

- Heat oven to 375°F. In medium bowl, stir cookie mix, flour, butter and egg until soft dough forms.
- On floured surface, roll dough about 1/4 inch thick.
- Cut dough into 3x1-inch rectangles, using pastry wheel or knife. Insert 1 inch of wooden stick into a 1-inch side of each cookie. On ungreased cookie sheets, place cookies 2 inches apart.
- Bake 7 to 9 minutes or until edges are light brown. Immediately press red, yellow and green candies into each cookie. Cool 2 minutes; remove from cookie sheets to cooling racks. Cool completely, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:1.07, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.28434782774876%

## 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: 70.7kcal (3.53%), Fat: 1.14g (1.75%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 14.31g (5.2%), Sugar: 8.37g (9.3%), Cholesterol: 0.15mg (0.05%), Sodium: 51.16mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.33%), Vitamin K: 1.17µg (1.12%), Folate: 4.09µg (1.02%)