



WHATSheATE



Strawberry Cream Cheese Heart Cookies

READY IN



90 min.

SERVINGS



30

CALORIES



86 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 0.3 cup flour all-purpose
- ☐ 4 oz cream cheese softened
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 eggs
- ☐ 1 serving purple gel food coloring
- ☐ 1 serving sprinkles assorted

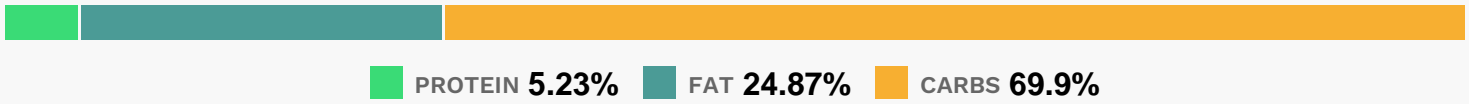
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375°F. Line cookie sheet with cooking parchment paper.
- ☐ In medium bowl, stir cookie mix, flour, softened cream cheese, lemon peel and egg until soft dough forms. Stir in food color to get desired neon pink color.
- ☐ Roll dough 1/4 inch thick on lightly floured surface.
- ☐ Cut with 2 1/2- to 3-inch heart-shaped cookie cutter.
- ☐ Place 1 inch apart on cookie sheet. Decorate cookies as desired by pressing assorted sprinkles into dough.
- ☐ Bake 7 to 9 minutes or until light golden brown around edges.
- ☐ Remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:0.57260868989903%

Nutrients (% of daily need)

Calories: 85.57kcal (4.28%), Fat: 2.36g (3.63%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 14.88g (5.41%), Sugar: 8.13g (9.04%), Cholesterol: 9.27mg (3.09%), Sodium: 61.23mg (2.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Selenium: 1.13µg (1.61%), Vitamin B2: 0.03mg (1.55%), Folate: 5.6µg (1.4%), Vitamin B1: 0.02mg (1.31%), Vitamin A: 58.75IU (1.18%)