



Strawberry Cream Cheese Heart Cookies

READY IN



90 min.

SERVINGS



30

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 4 oz cream cheese softened
- ☐ 1 eggs
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 2 teaspoons lemon zest grated
- ☐ 30 servings m&m candies assorted
- ☐ 1 pouch sugar cookie mix betty crocker®

Equipment

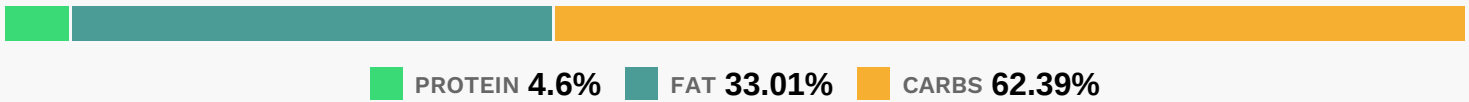
- ☐ bowl

- ☐ 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:0.79739130061606%

Nutrients (% of daily need)

Calories: 159.44kcal (7.97%), Fat: 5.85g (9%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 24.42g (8.88%), Sugar: 17.21g (19.12%), Cholesterol: 11.52mg (3.84%), Sodium: 71.42mg (3.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Calcium: 22.22mg (2.22%), Vitamin A: 92.35IU (1.85%), Iron: 0.32mg (1.8%), Fiber: 0.45g (1.79%), Selenium: 1.13µg (1.61%), Vitamin B2: 0.03mg (1.55%), Folate: 5.6µg (1.4%), Vitamin B1: 0.02mg (1.31%)