



WHATSheATE



Sugar Cookie Snowmen



Dairy Free

READY IN



90 min.

SERVINGS



21

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 17.5 oz sugar cookie mix
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 21 pretzel sticks
- ☐ 12 oz fluffy frosting white
- ☐ 1 serving m&m candies assorted

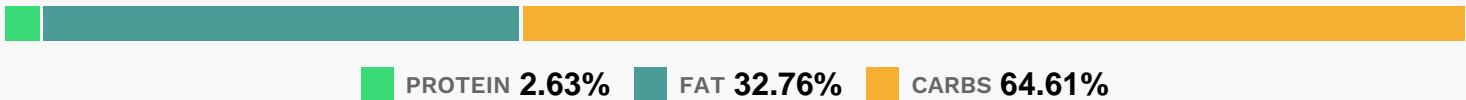
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir cookie mix, flour, butter and egg until soft dough forms.
- ☐ Shape dough into 21 (1 1/4-inch) balls, 21 (1-inch) balls and 21 (3/4-inch) balls. For each snowman, place 3 balls in decreasing sizes with edges just touching on ungreased cookie sheet; flatten balls slightly.
- ☐ Place snowmen about 3 inches apart.
- ☐ Bake 7 to 9 minutes or until edges are light golden brown.
- ☐ Remove from oven; immediately insert pretzel sticks into sides of middle balls for arms. Cool 5 minutes; remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.
- ☐ Frost cookies and decorate with candies.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:5.46, Inflammation Score:-1, Nutrition Score:1.0221739138436%

Nutrients (% of daily need)

Calories: 197.66kcal (9.88%), Fat: 7.19g (11.06%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 31.85g (11.58%), Sugar: 21.65g (24.06%), Cholesterol: 7.9mg (2.63%), Sodium: 141.33mg (6.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin B2: 0.07mg (4.3%), Vitamin A: 141.8IU (2.84%), Vitamin E: 0.38mg (2.56%), Folate: 8.36µg (2.09%), Vitamin K: 2.13µg (2.03%), Vitamin B1: 0.02mg (1.66%), Selenium: 0.92µg (1.32%), Iron: 0.21mg (1.19%), Vitamin B3: 0.2mg (1.01%)