



Under the Sea Cookie Pops

 Dairy Free

READY IN



185 min.

SERVINGS



18

CALORIES



235 kcal

Ingredients

- 1 pouch peanut butter sandwich cookie crumbs
- 2 tablespoons flour all-purpose
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 1 eggs
- 18 you will also need: parchment paper
- 1 serving chocolate icing
- 0.7 oz decorating gel black
- 1 serving cranberry-orange relish green blue

1 serving beef rib steak

Equipment

- bowl
- baking sheet
- oven
- plastic wrap
- cookie cutter
- lollipop sticks

Directions

- In medium bowl, stir cookie mix, flour, oil, water and egg until soft dough forms. Shape dough into a ball; flatten slightly. Wrap dough in plastic wrap; refrigerate 1 hour or until firm.
- Heat oven to 350°F. On lightly floured surface, roll dough to 1/4-inch thickness.
- Cut with 3 1/2-inch fish- and starfish-shaped cookie cutters. On ungreased cookie sheets, place cutouts 2 inches apart. Insert 1 lollipop stick halfway into center of each cookie.
- Bake 9 to 11 minutes or until edges are lightly browned. Cool 5 minutes; remove from cookie sheets to cooling racks. Cool completely. Decorate cookies with icing, gel and sugars. Attach candy eyes.
- Let stand until set.

Nutrition Facts

 **PROTEIN 11.4%**  **FAT 34.93%**  **CARBS 53.67%**

Properties

Glycemic Index:8.92, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:4.2073912685332%

Flavonoids

Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 234.92kcal (11.75%), Fat: 9.25g (14.24%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 30.53g (11.1%), Sugar: 12.28g (13.65%), Cholesterol: 18.46mg (6.15%), Sodium: 347.95mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.59%), Selenium: 9.48µg (13.54%), Vitamin B3: 1.71mg (8.57%), Vitamin B1: 0.12mg (8.11%), Vitamin B2: 0.12mg (7.28%), Iron: 1.3mg (7.22%), Manganese: 0.13mg (6.44%), Fiber: 1.47g (5.87%), Zinc: 0.82mg (5.47%), Folate: 21.01µg (5.25%), Vitamin K: 4.57µg (4.35%), Phosphorus: 40.19mg (4.02%), Vitamin B12: 0.23µg (3.9%), Vitamin C: 2.66mg (3.22%), Vitamin B6: 0.06mg (3.17%), Copper: 0.04mg (2.15%), Magnesium: 7.44mg (1.86%), Potassium: 63.07mg (1.8%), Vitamin E: 0.24mg (1.63%), Calcium: 13.37mg (1.34%)