



Under the Sea Cookie Pops

 Dairy Free

READY IN



185 min.

SERVINGS



18

CALORIES



829 kcal

Ingredients

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

☐ 1 tablespoon water

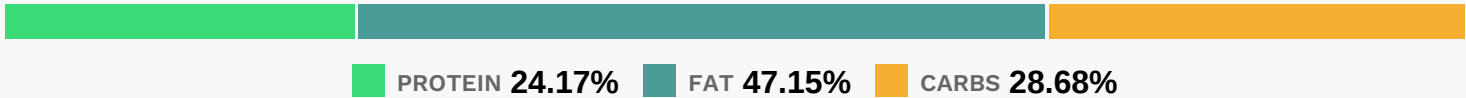
Equipment

- ☐ 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 350F. 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



Properties

Glycemic Index:8.92, Glycemic Load:12.23, Inflammation Score:-6, Nutrition Score:28.324347635974%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 829.37kcal (41.47%), Fat: 43.82g (67.42%), Saturated Fat: 16.52g (103.24%), Carbohydrates: 59.98g (19.99%), Net Carbohydrates: 56.47g (20.54%), Sugar: 36.92g (41.02%), Cholesterol: 148.66mg (49.55%), Sodium: 507.6mg (22.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.54g (101.08%), Selenium: 62.01µg (88.59%), Zinc: 11.85mg (78.99%), Vitamin B12: 3.78µg (62.95%), Vitamin B3: 12.46mg (62.31%), Vitamin C: 47.88mg (58.04%), Vitamin B6: 0.97mg (48.3%), Vitamin B2: 0.75mg (43.99%), Phosphorus: 364.21mg (36.42%), Iron: 5.1mg (28.32%), Vitamin B1: 0.39mg (25.74%), Potassium: 797.95mg (22.8%), Magnesium: 61.03mg (15.26%), Fiber: 3.51g (14.03%), Folate: 55.03µg (13.76%), Copper: 0.25mg (12.39%), Vitamin K: 11.21µg (10.67%), Manganese: 0.15mg (7.5%), Calcium: 63.11mg (6.31%), Vitamin E: 0.8mg (5.35%), Vitamin A: 252.26IU (5.05%), Vitamin B5: 0.29mg (2.86%), Vitamin D: 0.27µg (1.83%)