



Valentine Heart Necklaces

READY IN



162 min.

SERVINGS



30

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2.3 ounces colored candy sprinkles
- ☐ 3 cups confectioners' sugar
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose sifted
- ☐ 1 tablespoon lemon zest
- ☐ 60 long vine licorice red
- ☐ 2 tablespoons milk

- ☐ 3 drops food coloring red
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

Equipment

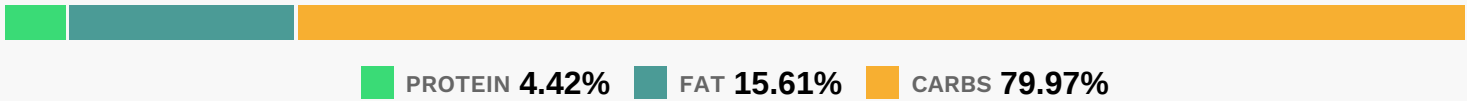
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ cookie cutter
- ☐ drinking straws

Directions

- ☐ Cream 1 cup butter or margarine and 3/4 cup white sugar together. Blend in egg, 1 teaspoon vanilla extract, and grated lemon peel. Sift together 2 1/2 cups all-purpose flour and baking powder.
- ☐ Add to creamed mixture and blend well. Cover and refrigerate dough for approximately 2 hours.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Roll dough to 1/4 inch thickness on a lightly floured surface. Use a floured heart shaped 1 to 2 inch cookie cutter and cut dough into heart shapes.
- ☐ Place the cut-out hearts on greased cookie sheets.
- ☐ Using the drinking straw, make a hole at the top center of each heart before baking.
- ☐ Bake for 5 to 7 minutes until very lightly browned. Cool the cookies on a wire rack.
- ☐ Mix 3 cups confectioners' sugar and 1/3 cup butter together. Stir in 1 1/2 teaspoons vanilla extract and 2 tablespoons milk. Beat until smooth making sure frosting is of spreading consistency. Stir in food coloring to create a pink or red colored frosting, if desired.
- ☐ After cookies have cooled, frost and decorate them with nonpareils, sprinkles, dragees, or colored sugar. Use a toothpick to dislodge the hole, if necessary.
- ☐ Let the frosting dry.

☐ To make a necklace, tie the ends off of two pieces of red colored licorice with a knot. Thread it through the hole at the top center of the cookie. Tie the other ends off with another knot to create a "chain." Makes approximately 30 heart necklaces.

Nutrition Facts



Properties

Glycemic Index:12.24, Glycemic Load:9.89, Inflammation Score:-1, Nutrition Score:2.014782609499%

Nutrients (% of daily need)

Calories: 141.78kcal (7.09%), Fat: 2.48g (3.81%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 28.18g (10.25%), Sugar: 18.83g (20.92%), Cholesterol: 11mg (3.67%), Sodium: 33.46mg (1.45%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Protein: 1.58g (3.16%), Selenium: 5.39µg (7.7%), Vitamin B1: 0.09mg (5.67%), Folate: 20.21µg (5.05%), Manganese: 0.09mg (4.55%), Vitamin B2: 0.07mg (3.83%), Vitamin B3: 0.65mg (3.27%), Iron: 0.56mg (3.12%), Phosphorus: 22.51mg (2.25%), Fiber: 0.37g (1.47%), Vitamin A: 72.67IU (1.45%), Calcium: 12.93mg (1.29%), Copper: 0.02mg (1.17%)