




Waves-of-Fun Cookie


Dairy Free

READY IN




20 min.



20 min.

SERVINGS




12



12

CALORIES



324 kcal



324 kcal

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon vanilla
- ☐ 1 eggs
- ☐ 1.7 cups flour all-purpose
- ☐ 12 oz fluffy frosting white
- ☐ 0.7 oz decorating gel blue
- ☐ 1 piece licorice rounds red
- ☐ 1 snack peppers (from 4.5-oz package)

- ☐ 4 pumpkin candies and gummy worms
- ☐ 2 sticks bass fillets
- ☐ 2 vanilla wafers
- ☐ 8 graham flour bear-shaped
- ☐ 4 small xanthan gum
- ☐ 1 serving fish fillet

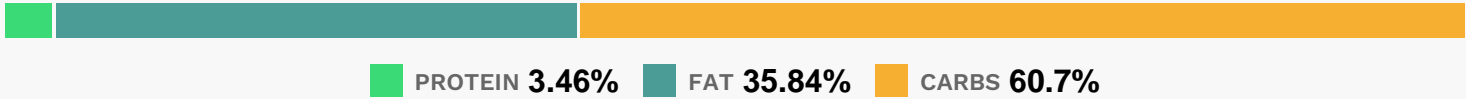
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ pizza pan

Directions

- ☐ Heat oven to 375°F. In large bowl, beat sugar, butter, vanilla and egg with spoon until smooth. Stir in flour. Pat dough in ungreased 12-inch pizza pan.
- ☐ Bake 8 to 10 minutes or until set and edge is light golden brown. Cool completely in pan on wire rack, about 45 minutes.
- ☐ Spread frosting on cookie. Squeeze decorating gel randomly in about 16 spots on frosting. Pull fork through gel to make wave designs.
- ☐ Place licorice on waves for "rope."
- ☐ Cut fruit roll into triangles; place by licorice for "flags."
- ☐ Place gummy rings candy on waves for inner tubes.
- ☐ Roll up end of gum sticks for "inflatable floats;" place on waves.
- ☐ Place cookies on waves for "rafts."
- ☐ Add graham snacks for "people."
- ☐ Add gum balls for "beach balls."
- ☐ Add gummy sharks candy.

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:27.17, Inflammation Score:-4, Nutrition Score:4.2291304728259%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 323.7kcal (16.19%), Fat: 12.96g (19.94%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 48.49g (17.63%), Sugar: 32.37g (35.96%), Cholesterol: 13.82mg (4.61%), Sodium: 153.19mg (6.66%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 2.82g (5.63%), Vitamin B2: 0.2mg (11.68%), Selenium: 7.21µg (10.3%), Vitamin B1: 0.15mg (9.81%), Folate: 37.85µg (9.46%), Vitamin A: 431.33IU (8.63%), Manganese: 0.12mg (6.15%), Vitamin B3: 1.15mg (5.74%), Vitamin E: 0.81mg (5.42%), Iron: 0.97mg (5.37%), Vitamin K: 3.86µg (3.68%), Vitamin C: 3.01mg (3.64%), Fiber: 0.9g (3.61%), Phosphorus: 34.8mg (3.48%), Vitamin B5: 0.16mg (1.65%), Copper: 0.03mg (1.46%), Zinc: 0.2mg (1.31%), Magnesium: 5.22mg (1.3%), Potassium: 44.19mg (1.26%), Vitamin B6: 0.02mg (1.11%)