

Knowledge @ Noon
Christmas Drive Through



Wednesday, December 9, 2021

12 p.m.

*913 North Pearl Street, Paola
(the old Sutherland Shopping Center)*



Health at Home Holiday Edition

Jolly Good Cooking for the Holidays

Baking & Cooking Substitutes

Fat: Unsweetened applesauce, mashed bananas, mashed black beans, & pureed tofu, prunes, or pumpkin. *Start by substituting for half of the fat, but some recipes can be a 1:1 substitution just adjust liquids.* Use low fat dairy options, & skim the fat off gravy and add cornstarch to thicken to reduce fat.

Salt: Use herbs or spices instead of salt
1 Tablespoon fresh herbs=1 teaspoon dried

Sugar: Replace half sugar with non-nutritive sweetener in baked goods or replace all in cold or unbaked recipes. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.

Flour: Substitute half all-purpose flour for whole wheat flour

Reducing Ingredients



Fat: Reduce by 1/3. For cakes and quick breads: Use 2 tablespoons fat per cup of flour. *It generally doesn't work well to substitute liquid oils for solid fats in baked goods.*



Salt: Omit, or cut by 1/2. *Do not eliminate salt from yeast breads or rolls; it is essential for flavor and helps texture.*



Sugar: Reduce by 1/3 in most recipes. For cookies & cakes: Use 1/2 cup sugar per cup of flour. For breads & muffins: Use 1 Tablespoon per cup of flour.

Guide to Cutting a Recipe Down

To reduce a recipe by one-half the amount, follow these measurements:	Divided in half equals	Divided in one-third equals
¼ cup	2 Tablespoons	1 Tablespoon+1 teaspoon
1/3 cup	2 Tablespoons + 2 teaspoons	1 Tablespoon+ 2-1/3 teaspoon
½ cup	¼ cup	2 Tablespoons+2 teaspoons
2/3 cup	1/3 cup	3 Tablespoons+1-1/2 teaspoons
1 Tablespoon	1-1/2 teaspoons	1 teaspoon
1 teaspoon	½ teaspoon	Generous 1/4 teaspoon
½ teaspoon	¼ teaspoon	Scant 1/4 teaspoon
¼ teaspoon	1/8 teaspoon	Scant 1/8 teaspoon
1/8 teaspoon	Dash	Pinch

How to halve an egg

Crack egg into a bowl

Whisk the yolk and white together

2 tablespoons should be approximately half

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Health at Home Holiday Edition

Jolly Good Cooking for the Holidays

Conversation Starters at the Dinner Table

What was the best part of your day?

If you could travel anywhere in the world, where would it be?

Name one thing you'd like to learn.

If you could be a famous person for a week, who would you be and why?

If you had one wish (and you can't wish for more wishes), what would you wish for and why?

If you could eat only one food for a week, what would it be?

If you could have any superpowers, which would you choose?

Name three things that brought you joy in the last year.

Ideas for Celebrating Together While Apart

Have a virtual meeting to make a recipe together

1. Mail, email, or virtual message the recipe to family or friends
2. Cover devices with plastic wrap to protect the screen
3. As the leader, walk everyone through the recipe step-by-step. That includes handwashing!
4. Take your time, make it fun, and add some holiday trivia to your cooking session!

Cute Cookie Ideas

- * Do a virtual cookie or dessert show and tell.
- * Make it a game! Blindfold a family member and see if they can guess the holiday dessert with live question and answer and tasting. Involve family and friends virtually by encouraging them to answer questions & give hints.
- * Cook together virtually and do a drive-by cookie swap.

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Health at Home Holiday Edition

Festive Recipes

Red & Green Holiday Slaw



Nutrition facts (per serving): 80 calories, 4.5g fat, 10 mg sodium, 11g total carbohydrate, 2 g dietary fiber, 8 g sugars, 1 g protein

Ingredients

5 cups shredded red cabbage, washed
 1/2 cup dried cranberries or cherries
 2 large Granny Smith apples, washed & thinly sliced
 1/2 cup walnuts

Dressing

1/4 cup apple cider vinegar
 1 Tbsp. Sugar
 1 tsp. Dijon mustard
 3 Tbsp. olive oil

Directions

1. Wash hands with soap and water
2. Mix slaw ingredients in a large bowl.
3. In a small bowl, whisk together vinegar, sugar, and Dijon mustard. Slowly add olive oil while whisking.
4. Pour dressing over slaw, cover, and refrigerate for 1 hour. Enjoy! Makes 16 servings.

Gingerbread



Nutrition facts (per serving): 180 calories, 45 fat, 240 mg sodium, 30g total carbohydrate, 1 g dietary fiber, 13 g sugars, 3 g protein

Source: American Diabetes Association

Ingredients

2 cups pureed pumpkin
 3/4 cup molasses
 1/3 cup vegetable oil
 3 eggs
 3 cups all-purpose flour
 1 1/3 cups Splenda® No Calorie Sweetener
 2 teaspoons baking soda
 1 teaspoon baking powder
 1/2 teaspoon salt
 2 teaspoons ground ginger
 1 1/2 teaspoons cinnamon
 1/2 teaspoon ground cloves

Directions

1. Preheat oven to 350°F. Wash hands with soap and water. Spray Bundt pan with butter-flavored cooking spray. Set aside.
2. Pour pumpkin, molasses, and vegetable oil into a large mixing bowl. Add eggs. Stir well.
3. Blend remaining dry ingredients in a separate bowl. Mix well. Add dry ingredients to the applesauce mixture. Stir well.
4. Pour cake batter into prepared pan. Bake for 50 to 60 minutes, or until a toothpick inserted in the center comes out clean. Remove from oven. Cool cake in pan on a wire rack approximately 20 minutes. Invert cake onto serving plate. Serve warm or cool. Makes 18 servings.

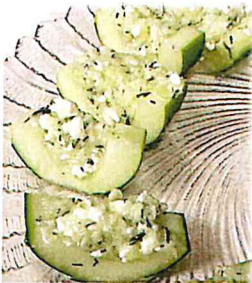
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Health at Home Holiday Edition

Festive Recipes

Cucumber Feta Bites



Nutrition facts (per serving): 15 calories, 0.5g fat, 70 mg sodium, 1 g total carbohydrate, 1 g protein

Ingredients

- 2 cucumbers
- 1 tsp. fresh dill, chopped
- 1/4 cup crumbled feta cheese
- 1/4 tsp. salt

Directions

1. Wash hands with soap and water
2. Wash the cucumbers and carefully cut them lengthwise using a sharp knife. For two cucumber halves, cut a small strip off the bottom of one side so that the cucumber half will set level, without falling over.
3. Using a spoon, scrape out all the seeds. Use the other half of the cucumber, peel it, and chop very finely. In a medium bowl, combine chopped cucumbers with feta cheese, dill, salt and pepper.
4. Spoon the mixture evenly into the two cucumber boats and slice into 1 1/2-inch pieces.

Grinch Kabobs



Nutrition facts (per kabob): 35 calories, 0 fat, 9 g. total carbohydrate, 1 g dietary fiber

Ingredients

- 5 green grapes
- 1/2 banana
- 5 mini marshmallows
- 5 strawberries
- 5 skewers

Ideas for Involving Children in the Kitchen

- Washing fruit
- Peeling & cutting banana
- Putting fruit on skewer

Directions

1. Wash hands with soap and water. Wash grapes, and strawberries, and peel banana.
2. Using a knife, cut off the tops of the strawberries. This is the Grinch's hat!
3. Take the peeled banana and cut horizontally into 5 pieces. This is the rim of the Grinch's hat.
4. On each of the 5 skewer, put the fruit on this order from the top:
 - Grape
 - Banana
 - Strawberry
 - Marshmallow

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Created by: Lisa Peterson, MS, Susan Glassman, MS Ed., & Mary Liz Wright, MS
University of Illinois Extension Nutrition & Wellness Educators
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University of Illinois-Champaign College of Agriculture, Consumer and Environmental Sciences. United States Department of Agriculture/Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment.

Ten Tips for Healthy Holiday Eating

Candi Merritt

11/15/2016



The average

American will consume about 4,500 calories on Thanksgiving Day when the pre-meal party, the actual dinner and dessert, then evening leftovers are all taken into account. That is enough to gain a pound or two, which can be remedied, but how many more days like this will there be?

Actually, there is the potential for quite a few as the holidays approach: Thanksgiving weekend, family holiday parties, work holiday parties, neighborhood/church holiday parties, Christmas Eve, Christmas Day, Christmas week, New Year's Eve and New Year's Day. In addition to extra meals and calories is the fact that activity levels generally taper off during the holidays. The combination of overeating and not much exercise has the potential to provide weight gain that is often not lost, and year after year, a few more pounds continue to be added to the tally.

It is possible to get through the holidays, however, without gaining weight and being mad at yourself in January. Consider these 10 tips for healthy holiday eating.

1) Eat what you love and leave what you like. You don't have to eat everything that is put in front of you. Make careful choices and stick with the foods you enjoy most. Don't select foods that aren't your favorite just because they are there.

2) Go to gatherings to gather, not to eat. Focus on enjoying those you are with, not the food.

3) Fill your plate with 80 percent healthy foods, and save the other 20 percent for dessert or treats.

4) Skip the punch and eat the cake. You'll likely enjoy eating your calories more than drinking them.

5) Don't save up for later. It doesn't make sense to starve all day because you have a party that night. You will likely end up consuming more because you are so hungry. Eat light, but don't skip meals.

6) And especially, don't skip breakfast. It is the most important meal since it fuels your body as you start the day.

7) Pack the snacks. Keep healthy snack choices available when you're on the run so you don't overeat at mealtimes.

8) Follow the three-bite rule. People seem to most enjoy the first and last bites of what they eat, so put a bite in between and call it good after three.

9) Don't skimp on sleep. Being tired and cranky won't be good for anyone during the holidays.

10) Drink water. Staying hydrated during the hustle and bustle will help you feel your best and will also help you not feel so hungry when you get to the table.

By: Candi Merritt, Utah State University Extension certified nutrition education assistant, candi.merritt@usu.edu

Direct column topics to Julene Reese, USU Extension public relations specialist, 435-757-6418, julene.reese@usu.edu. What Next? Get useful tips like this as soon as we release them. Sign up [here](#).

Winter

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

H G I E L S E S R O H A Y C C
 H S C A R F Z H A T S O L R D
 T A G L O V E S I N N G L T O
 E M I S T L E T O E D I I C E
 E T F F E R R W E Y N T H S T
 T S O R F U F D D R A I C N E
 G I C I C L E S E A S O N O S
 N R T H T E A H T U T E R I C
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 R C A E O I S V O A O E M A E
 E S L L T I N E R J N E G T D
 T B G C O L D R F O O R T I E
 T I C I N E S S E S M F H P C
 A F I R E I N S M T I I U I E
 H S E L A G M M O E C T E C M
 C K R A R C T I C W I N D E B
 A I E T A K S N E D W A I R E
 N T E R S R A E B R A L O P R

FIRE
 FREEZE
 FROST
 GALE
 GLOVES
 HAT
 HORSE SLEIGH
 ICE
 ICICLE
 ICINESS
 IGLOO
 JANUARY
 MISTLETOE
 POLAR BEARS
 PRECIPITATION
 SALT
 SCARF
 SEASON
 SHIVER
 SKATE
 SKI
 SNOW
 STEW

ANTIFREEZE
 ARCTIC WIND
 ASTRONOMIC

BECOME FROSTED
 CHATTERING TEETH
 CHILLY

CHRISTMAS
 COLD
 DECEMBER

FRIENDS?

What do the following words have in common?

ACT COAT DOG FOOT LINE PIN STAND



allrecipes

from Jeff Heftling

No-Bake Protein Bars

★★★★★

Healthy homemade protein bars. Very easy and quick. You know what goes in the recipe! My kids love them! Better than store-bought bars and great for after a work-out or as an anytime snack. Store in covered container in the refrigerator.

By AFChik

Prep: 10 mins**Cook:** 2 mins**Additional:** 15 mins**Total:** 27 mins**Servings:** 12**Yield:** 1 9x13-inch baking dish

Ingredients

1 cup old-fashioned oats

½ cup flaxseed meal

⅓ cup raisins

⅓ cup dried cranberries

⅓ cup vanilla whey protein powder

½ cup white chocolate chips

⅓ cup honey

⅓ cup peanut butter or
creamy Almond Butter

Directions

Step 1

Line a 13x9-inch baking dish with baking parchment.

Step 2

Mix oats, flaxseed meal, raisins, cranberries, and protein powder together in a small bowl.

Step 3

Combine chocolate chips, honey, and peanut butter together in a microwave-safe bowl; heat in microwave oven, stirring every 30 seconds, until the chocolate chips are nearly melted, 2 to 3 minutes.

Step 4

Stir oats mixture with the chocolate mixture until evenly mixed; spread into prepared baking dish.

Step 5

Refrigerate bars until hardened, 15 to 20 minutes. Remove bars from dish by lifting parchment; cut into squares using a pizza cutter.

Cook's Note:

Add nuts, coconut, different dried fruits, swap out the white chocolate chips for chocolate chips, swap out the flavor of protein powder... the variations are never ending!

Nutrition Facts

Per Serving: 224 calories; protein 12.1g; carbohydrates 26.5g; fat 8.9g; cholesterol 4.2mg; sodium 88.1mg.

allrecipes

From Serving Hefling

High-Fiber, High-Protein Breakfast Bars

★★★★☆

I came up with this recipe when my doctor told me I needed to eat more fiber, and I was sick of eating store-bought protein bars for breakfast in the car between the gym and work. Ingredients such as wheat germ, flaxseed, protein powder, peanut butter, and oats make this a healthy way to start the day!

By SavedByGrace

Ingredients

cooking spray
 1 ½ cups quick-cooking oats
 ¼ cup wheat germ
 ¼ cup ground flax seed
 2 tablespoons vanilla-flavored hemp protein powder
 1 teaspoon ground cinnamon
 ½ teaspoon salt
 3 bananas
 ¼ cup peanut butter (such as Jif®)
 2 tablespoons honey
 1 teaspoon vanilla extract
 ¼ cup natural peanut butter, or to taste

Directions

Step 1

Preheat oven to 375 degrees F (190 degrees C). Line an 8x8-inch baking dish with aluminum foil, letting foil hang down over the sides of the pan; spray pan with cooking spray.

Step 2

Stir oats, wheat germ, flax seed, protein powder, cinnamon, and salt together in a bowl. Mash bananas in a separate large bowl and stir ¼ cup Jif® peanut butter, honey, and vanilla extract into bananas, mixing well. Stir dry ingredients into banana mixture and spread into the prepared baking dish.

Step 3

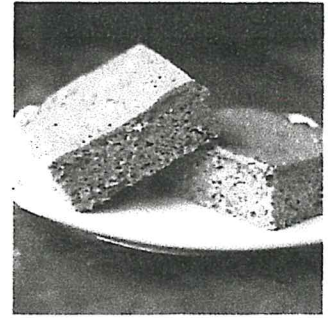
Bake in the preheated oven for 20 minutes. Spread ¼ cup natural peanut butter over top.

Step 4

Continue baking until lightly browned on the edges and set, 10 more minutes. Let cool in the pan and lift bars onto a work surface using aluminum foil as handles. Cut into bars, wrap in plastic wrap, and store in refrigerator.

Cook's Note:

You can use any type of protein powder. I use hemp because it is high-fiber. If you use a very sweet powder, I'd suggest lowering the amount of honey. I typically use a brand-name



peanut butter inside the bars (Jif(R)), and then all-natural to spread on top. After they are cooled, I cut them into individual servings and cover in plastic wrap for a grab-and-go breakfast.

Nutrition Facts

Per Serving: 169 calories; protein 6.2g; carbohydrates 21.3g; fat 7.6g; sodium 148mg.

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M&M Christmas Cookies

Our go-to Christmas Cookie recipe! Soft and chewy cookies that are filled with M&M's and sprinkles.

Prep Time: 20 minutes Cook Time: 9 minutes Total Time: 29 minutes Servings: 15 - 20 (recipe can be doubled) Calories: 200kcal

Ingredients

1½ cups all purpose flour	1 teaspoon baking powder
½ teaspoon baking soda	¼ teaspoon salt
½ cup unsalted butter, softened but still cool	½ cup granulated sugar
¼ cup brown sugar, lightly packed	1 large egg
2 teaspoons pure vanilla extract	¼ cup holiday sprinkles
1½ cups M&M's or a mixture of M&M's and chocolate chips, divided	

Instructions

Preheat oven to 350°F. Line two baking sheets with parchment paper. In a bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.

In a separate bowl, using a hand mixer or stand mixer fitted with the paddle attachment, beat butter and both sugars for 2 minutes, until light and fluffy. Add egg and vanilla extract, mixing until combined, scraping the sides of the bowl as needed. On low speed, add in flour mixture and mix until just combined. Gently stir in M&M's and chocolate chips. I usually add about 1 generous cup into the batter, and the rest get pressed on top of the cookies before baking. Place the sprinkles in a shallow bowl.

Scoop balls of cookie dough, between 1½ and 2½ tablespoon portions (a little smaller or a little larger than a golf ball). Gently press the top of the dough balls into the bowl of sprinkles, then press some of the remaining M&M's onto the top of each mound of dough. Place dough onto prepared baking sheets leaving an inch or two for spreading.

Bake for 8-11 minutes, until the edges of the cookies are set but the center is still slightly underdone; this will create a soft cookie.

Place the baking sheets on wire racks and allow the cookies to cool completely. They will firm up as they cool. Optional: for a slightly thicker cookie, you can gently press the edges of each cookie inward with the back of a spoon (just a bit!) while they are still warm.

Notes

TO PROPERLY MEASURE FLOUR: Fluff the flour with your measuring cup, scoop a heaping portion, and level it off with the back of a knife.

BAKING TIME: Adjust according to the size of dough balls.

CHILLING DOUGH: If you like thicker cookies, or you accidentally over-softened your butter (it's no longer cool to the touch), you can chill the dough for one hour before baking.

Nutrition

Calories: 200kcal | Carbohydrates: 28g | Protein: 2g | Fat: 9g | Saturated Fat: 5g | Cholesterol: 24mg | Sodium: 73mg | Potassium: 39mg | Fiber: 1g | Sugar: 20g | Vitamin A: 190IU | Vitamin C: 1mg | Calcium: 34mg | Iron: 1mg

Holiday White Chocolate Fudge

1 ½ tsp + 3/45 C Butter, softened,
divided
3 C Sugar
5 oz Evaporated milk (2/3 C)
12 oz White baking chips
7 oz Marshmallow crème
1 tsp Vanilla extract

constantly. Remove from heat, stir in baking chips & marshmallow crème until melted. Stir in vanilla extract. Immediately spread into prepared pan. Refrigerate until firm, 1 – 2 hours. Use foil to lift fudge out of pan, remove foil, cut fudge into 1 in. squares. Store between layers of waxed paper in air tight container.

Makes about 3 lbs. (117 pieces).
Per piece: 54 cal., 2 g fat 1 g sat fat), 4 mg chol., 15 mg sod., 8 g carb., 8 g sugar, 0 fiber, 0 pro.

Line 13 X 9 pan with foil; grease foil with 1 ½ tsp butter.
In heavy saucepan, combine sugar, milk & remaining butter, bring to rapid over medium heat, stirring constantly. Boil 4 min., stirring

TOH Simple & Delicious 2018

Caramel Corn

2 c. light brown sugar

2 sticks butter

Pinch cream of tartar

½ c. Karo syrup

1 t. baking soda

8 qts. Popped popcorn

Boil 5 minutes with little stirring.

Roaster 200 degrees for 1 hour

Makes 2 9x13 pans (spray with PAM first)

Make 1 batch at a time

2021 Cheryl Sigel EMFV

Crock Pot Chocolate Peanut Blobs

16 oz jar salted Peanuts

16 oz jar unsalted peanuts

12 oz bag semi-sweet chocolate chips

20 oz peanut butter chips

2 packages white almond bark

Layer in crockpot in order of recipe. Cover and cook on low for 2 hours. Stir and mix well. Cover and cook on low for an additional 30 minutes. Stir again and drop on parchment paper and let set.

- Makes approx. 2 ½ quarts... That is a lot of candy!
- If you get tired of making the individual candies, you can spread the mixture on a sheet pan lined with parchment paper. Then you will have "bark" that you can cut or break into pieces.
- Possible variations: different nut combinations, crunchy cereal, pretzel bits, miniature marshmallows, dried or candied fruits etc.
- If you don't want a huge batch of one type of candy you could put all of the ingredients except the nuts into the crock pot, then once melted divide it up and add the mix-ins. It would melt faster this way.

2021 Debi Doering EMFV

Holiday Cookie

1 1/4 cup flour.

1/2 tsp soda.

1/4 tsp salt

1 egg

1 tsp vanilla.

1/2 cup butter

1 cup sugar.

1 1/2 cup rice krispies

1 1/2 cup candy coated chocolate pieces.

Cream together the butter, sugar, egg and vanilla until light and fluffy. Slowly add the flour, soda and salt that has been mixed together. Add rice krispies. Take off mixer and mix in the chocolate pieces by hand as the mixer will crush the candy coating. Drop by spoonfuls on parchment lined cookie sheet and bake at 350 degrees for 10 to 11 minutes.

Gumdrop Cookies.

1 cup butter

3/4 cup brown sugar

3/4 cup white sugar

1/2 tsp salt.

2 eggs

2 cups flour

1 tsp baking powder

1 tsp baking soda

1 tsp vanilla

2 cups quick oats

1 cup pieces of gumdrop candies.

1 cup shredded coconut (optional)

Cream together the butter sugars and eggs till light and fluffy. Add vanilla. Add flour. Baking powder, baking soda and salt. Add oats and gumdrop pieces and coconut. Drop by spoonfuls on parchment lined baking sheets. Bake at 350 degrees for 10 to 11 minutes.

White Chocolate Christmas Trash Snack Mix

3 c. cheerios
3 c. Chex cereal
2 c. pretzels
3 c. M&Ms red and green
36 oz. white chocolate chips

Melt the white chocolate in small increments to prevent burning in the microwave. Meanwhile, dump the cereals, pretzels, and candy into a big bowl. As soon as the white chocolate is melted, pour over mixture and toss gently until well coated. Spread out the mixture on wax paper and leave to dry.. Once cooled, break-up and store in resealable containers or bags.

Yield 10 servings.

Reindeer Food

7 c. chex cereal
1 c. chocolate chips
1/2 c. peanut butter
1/4 c. butter
1 tsp. vanilla
2 c. powdered sugar
2 c. red and green M&Ms

In a large microwave safe bowl, melt chocolate chips, peanut butter, and butter for 30 seconds and then stir. Continue microwaving in 15 second increments, stirring after each time, until chocolate is completely melted. Stir in vanilla. Gently fold in chex cereal being careful not to break up the pieces until it's evenly coated. Add powdered sugar to a large zip top bag and then add cereal mixture. Seal the bag and shake well until each piece is evenly covered with powdered sugar. Transfer chow back to a clean bowl and fold in M&Ms. Store in an airtight container. Makes approximately 15 servings.

Brigaderios

1 (14 oz) can sweetened condensed milk
½ cup unsweetened cocoa powder
2 Tbsp unsalted butter

1. Grease 8 inch square baking dish. Cook condensed milk, cocoa and butter in medium saucepan over low heat, stirring frequently, until mixture is very thick and rubber spatula leaves a distinct trail when dragged across bottom of pan. 20-15 minutes.
2. Pour mixture into prepared dish and refrigerate until firm, at least 30 minutes or up to 24 hours (cover with plastic wrap if chilling overnight)
3. Pinch mixture into approximately 1 tablespoon sized pieces and roll into 1 inch balls. Place desired coatings in small bowls, roll each ball in coating until covered, and package.

Nutrition Information for recipes

Caramel Corn

Nutrition Facts

Servings: 20

Amount per serving

Calories 209

% Daily Value*

Total Fat 9.8g 13%

Saturated Fat 5.9g 29%

Cholesterol 24mg 8%

Sodium 75mg 3%

Total Carbohydrate 30.5g 11%

Dietary Fiber 1.9g 7%

Total Sugars 16.4g

Protein 1.8g

Vitamin D 6mcg 32%

Calcium 17mg 1%

Iron 1mg 3%

Potassium 64mg 1%

Crock Pot Chocolate Peanut Blobs

Nutrition Facts

Serving size: .25 cup

Servings: 40

Amount per serving

Calories 229

% Daily Value*

Total Fat 14g 18%

Saturated Fat 8.4g 42%

Cholesterol 0mg 0%

Sodium 39mg 2%

Total Carbohydrate 25.4g 9%

Dietary Fiber 1.4g 5%

Total Sugars 23.9g

Protein 2.3g

Vitamin D 0mcg 0%

Calcium 29mg 2%

Iron 1mg 6%

Potassium 10mg 0%

Holiday Cookie

Nutrition Facts

Serving size: cookies

Servings: 24

Amount per serving

Calories 95

% Daily Value*

Total Fat 4.6g 6%

Saturated Fat 2.9g 14%

Cholesterol 17mg 6%

Sodium 77mg 3%

Total Carbohydrate 13.2g 5%

Dietary Fiber 0.1g 0%

Total Sugars 10.3g

Protein 0.7g

Vitamin D 3mcg 17%

Calcium 5mg 0%

Iron 1mg 4%

Potassium 4mg 0%

Gumdrop Cookies

Nutrition Facts

Serving size: 1 cookie

Servings: 36

Amount per serving

Calories 147

% Daily Value*

Total Fat 6.5g 8%

Saturated Fat 4g 20%

Cholesterol 23mg 8%

Sodium 110mg 5%

Total Carbohydrate 21g 8%

Dietary Fiber 0.9g 3%

Total Sugars 10.3g

Protein 1.8g

Vitamin D 4mcg 22%

Calcium 15mg 1%

Iron 1mg 5%

Potassium 55mg 1%

White Chocolate Christmas Trash Mix

Nutrition Facts

Serving size: cup

Servings: 10

Amount per serving

Calories 696

% Daily Value*

Total Fat 36.6g 47%

Saturated Fat 21.8g 109%

Cholesterol 23mg 8%

Sodium 297mg 13%

Total Carbohydrate 86.6g 31%

Dietary Fiber 2.1g 8%

Total Sugars 69.2g

Protein 8.7g

Vitamin D 0mcg 2%

Calcium 275mg 21%

Iron 6mg 32%

Potassium 361mg 8%.

Reindeer Food

Nutrition Facts

Serving size: cup

Servings: 15

Amount per serving

Calories 275

% Daily Value*

Total Fat 12.2g 16%

Saturated Fat 6g 30%

Cholesterol 11mg 4%

Sodium 176mg 8%

Total Carbohydrate 39.1g 14%

Dietary Fiber 1.5g 5%

Total Sugars 26.8g

Protein 4.2g

Vitamin D 2mcg 12%

Calcium 75mg 6%

Iron 5mg 30%

Potassium 122mg 3%

Brigadeiros

Nutrition Facts

Serving size: candies

Servings: 15

Amount per serving

Calories 105

% Daily Value*

Total Fat 4.2g 5%

Saturated Fat 2.7g 13%

Cholesterol 13mg 4%

Sodium 45mg 2%

Total Carbohydrate 16g 6%

Dietary Fiber 1g 3%

Total Sugars 14.4g

Protein 2.7g

Vitamin D 1mcg 5%

Calcium 79mg 6%

Iron 0mg 3%

Potassium 142mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet.

2,000 calorie a day is used for general nutrition advice.