



Alfajores de Dulce de Leche (Caramel Sandwich Cookies)

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 lb butter at room temperature
- 1.8 cups mrs richardson's butterscotch caramel sauce (see notes)
- 1 cup cornstarch
- 3 tablespoons rum dark
- 1 large eggs
- 2 large egg yolks

- 2 cups flour all-purpose
- 0.7 cup sugar
- 1 cup coconut or dried shredded unsweetened sweetened flaked
- 1 teaspoon vanilla

Equipment

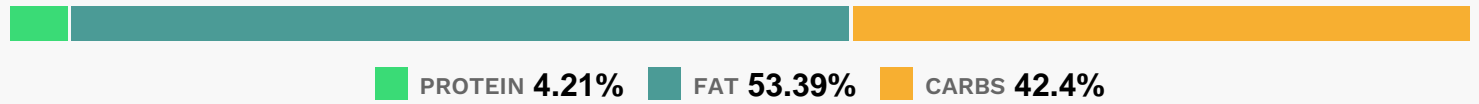
- bowl
- frying pan
- baking sheet
- oven
- plastic wrap
- hand mixer
- spatula
- rolling pin

Directions

- In a large bowl, with an electric mixer on medium speed, beat butter and sugar until smooth.
- Add egg yolks, whole egg, rum, and vanilla and beat until well blended.
- In another bowl, mix 2 cups flour, cornstarch, and baking powder. Stir or beat into butter mixture until well blended. Divide dough in half. Flatten each portion into a disk, wrap in plastic wrap, and freeze until firm, about 30 minutes.
- Unwrap dough. On a lightly floured surface, with a floured rolling pin, roll one disk at a time to about 1/8 inch thick. With a floured 2- to 3-inch round cutter, cut out cookies.
- Place about 1 inch apart on buttered or cooking parchment-lined 12- by 15-inch baking sheets. Gather excess dough into a ball, reroll, and cut out remaining cookies.
- Bake in a 350 oven until cookie edges are golden, about 10 minutes; if baking more than one pan at a time, switch pan positions halfway through baking.
- Let the cookies cool on sheets for 5 minutes, then use a wide spatula to transfer them to racks to cool completely.

- Turn half the cookies bottom side up and spread each with about 1 tablespoon dulce de leche. Top with remaining cookies, bottom side down.
- Place coconut in a shallow bowl. Gently squeeze each sandwich until filling begins to show at the edges, then roll edges in coconut.

Nutrition Facts



Properties

Glycemic Index:19.12, Glycemic Load:12.9, Inflammation Score:-3, Nutrition Score:4.0495652439802%

Nutrients (% of daily need)

Calories: 247.2kcal (12.36%), Fat: 14.48g (22.28%), Saturated Fat: 9.72g (60.76%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 24.59g (8.94%), Sugar: 7.87g (8.74%), Cholesterol: 57.82mg (19.27%), Sodium: 112.37mg (4.89%), Alcohol: 0.91g (100%), Alcohol %: 1.52% (100%), Protein: 2.57g (5.13%), Manganese: 0.24mg (12.17%), Selenium: 7.94µg (11.35%), Vitamin B1: 0.12mg (7.82%), Folate: 30.32µg (7.58%), Vitamin A: 357.11IU (7.14%), Vitamin B2: 0.1mg (6.03%), Iron: 0.98mg (5.45%), Fiber: 1.28g (5.13%), Phosphorus: 47.44mg (4.74%), Vitamin B3: 0.86mg (4.3%), Copper: 0.07mg (3.47%), Vitamin E: 0.4mg (2.68%), Calcium: 23.74mg (2.37%), Magnesium: 8.69mg (2.17%), Vitamin B5: 0.22mg (2.15%), Zinc: 0.3mg (1.99%), Vitamin B6: 0.03mg (1.67%), Potassium: 52.62mg (1.5%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.16µg (1.05%)