



## Black-and-White Cake Cookies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



114 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.7 cup apple sauce
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 2 large egg whites
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 3 tablespoons milk 2% divided reduced-fat

- ☐ 1.5 cups powdered sugar divided
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1.5 teaspoons vanilla extract

## Equipment

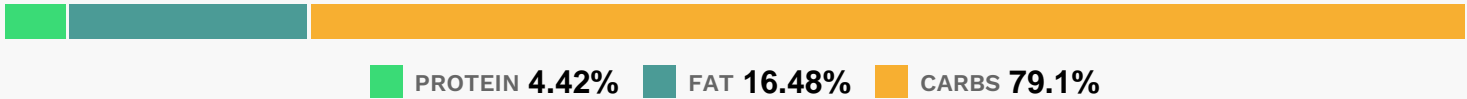
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 37
- ☐ To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, and salt, stirring with a whisk.
- ☐ Place applesauce in a fine sieve; let stand 15 minutes.
- ☐ Combine drained applesauce, granulated sugar, and butter in a large bowl; beat with a mixer at medium speed 2 minutes or until well blended. Beat in vanilla and egg whites.
- ☐ Add flour mixture; beat at low speed until blended.
- ☐ Drop dough by tablespoonfuls 2 inches apart onto parchment-lined baking sheets.
- ☐ Bake at 375 for 10 minutes or until set (not browned). Cool on pans 2 minutes or until firm.
- ☐ Remove from pans; cool completely on wire racks.
- ☐ To prepare frosting, combine 3/4 cup powdered sugar, 1 tablespoon milk, and almond extract in a bowl, stirring well with a whisk until smooth. Working with 1 cookie at a time, hold cookie over bowl and spread about 1 teaspoon white frosting over half of cookie (scrape excess frosting from edges).

- ☐ Let stand 10 minutes or until frosting is set.
- ☐ Combine 3/4 cup powdered sugar and cocoa in a bowl. Gradually add 2 tablespoons milk, stirring with a whisk until smooth. Working with 1 cookie at a time, hold cookie over bowl and spread about 1 teaspoon chocolate frosting over other half of cookie (scrape excess frosting from edges).
- ☐ Let stand 10 minutes or until frosting is set.

## Nutrition Facts



## Properties

Glycemic Index:11.96, Glycemic Load:10.19, Inflammation Score:-1, Nutrition Score:1.6686956590932%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 113.79kcal (5.69%), Fat: 2.13g (3.27%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 22.53g (8.19%), Sugar: 16.47g (18.3%), Cholesterol: 5.23mg (1.74%), Sodium: 96.24mg (4.18%), Alcohol: 0.1g (100%), Alcohol %: 0.33% (100%), Protein: 1.28g (2.56%), Selenium: 3.44µg (4.92%), Vitamin B1: 0.06mg (4.29%), Folate: 14.91µg (3.73%), Manganese: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.6%), Iron: 0.48mg (2.64%), Vitamin B3: 0.48mg (2.41%), Phosphorus: 20.03mg (2%), Calcium: 19.9mg (1.99%), Fiber: 0.44g (1.76%), Copper: 0.03mg (1.55%), Vitamin A: 62.97IU (1.26%), Magnesium: 4.66mg (1.17%)